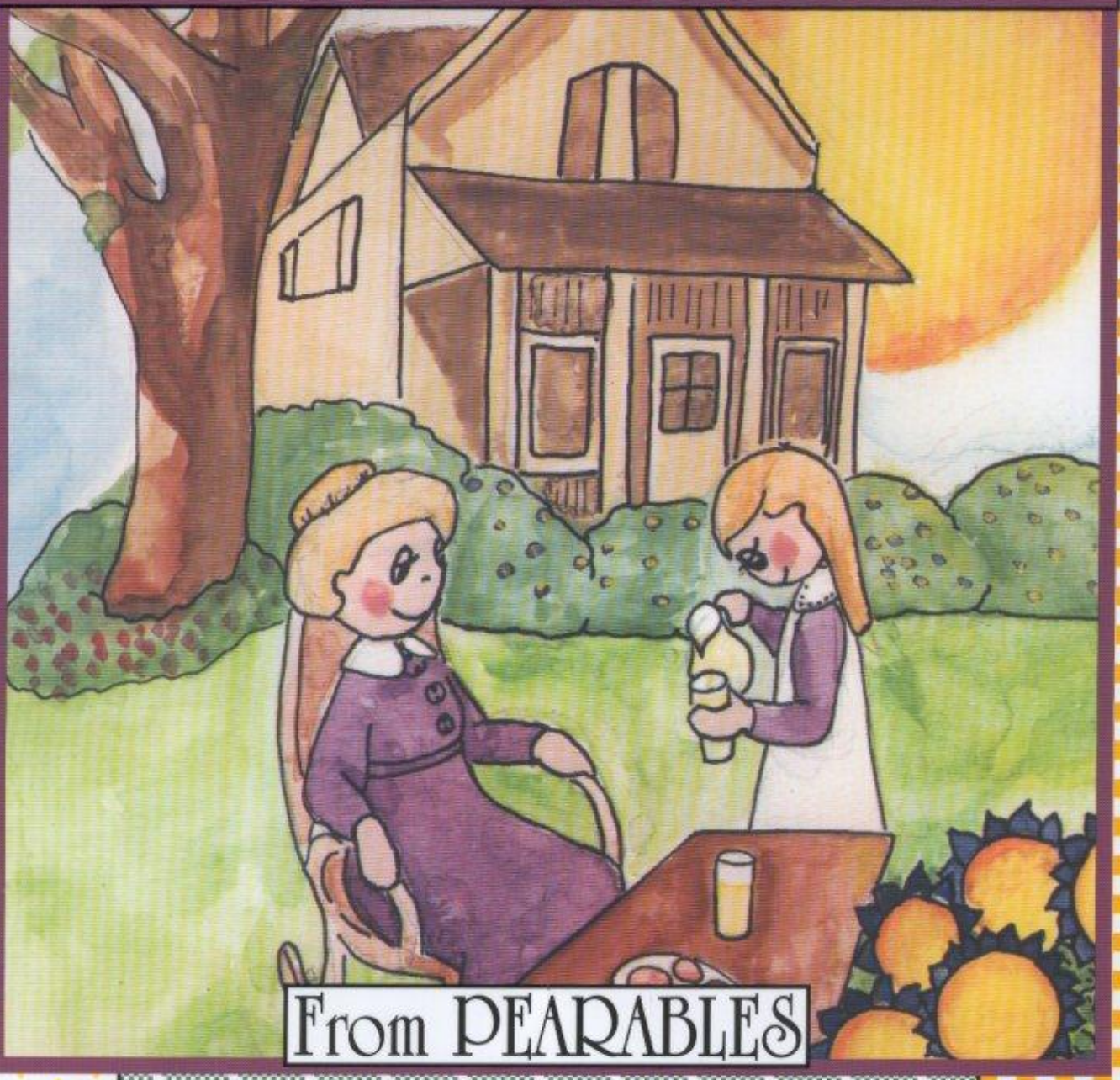
VISIT…

The Quiet Arts Series

Level Three
Ages 10 and Up

Home Economics for Home Schoolers



From PEARABLES

Home Economics

for

Home Schoolers

(Once-A-Week Curriculum)

Level Three

From Pearables

This book is dedicated to all the future mothers and homemakers of tomorrow.

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Instructions

Dearest Parent in Christ,

After much prayer and study, we are happy to be able to provide a home economics program for the believer in Christ.

While many children are being educated in a variety of academics, many parents are forgetting that these children will also grow up to be mothers and homemakers. Just as it is important to prepare a child in academics (reading, writing and arithmetic), so must we prepare them in household skills in order for them to be able to take care of their own homes and families one day.

We pray that this material will be an encouragement to you as you start on your journey in preparing them in the area of homemaking! We've tried to make it as easy as possible for a child to be able to complete without too much help from the parent.

The following suggestions may help:

1. This is a weekly lesson plan, which means that each project is to be completed within a week.

2. For this book, we suggest that mother set aside one hour each week to work with her child. The curriculum is simple and easy to use, and all it requires is a little time and dedication to learn the skills that each lesson will teach.

3. Once the child has completed a project (for example, making biscuits) have them try this new skill a few more times, all on their own throughout the week, until the next lesson. This will perfect the skill and give them joy as they realize that they can do something they couldn't do before!

4. Make sure that they clean up after themselves. This is just as important to teach as doing the project.

5. After you have completed the book, check their skills. ***If you think they could benefit from doing the curriculum a second time, start over until they are ready to go on to the next level.*** Remember, always continue to have them use the skills they have learned.

Happy Homemaking!
A. B. Leaver and Friends

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"If so be ye have **tasted** that the Lord is gracious."
1 Peter 2:3

Nutrition

Week One

Why Nutrition?

I'd like to introduce you to Patience. Patience is 11 years old and is learning all about taking care of her future home that she will have some day.

Part of taking care of her home will also mean taking care of herself and her family, if the Lord gives her one.

In our home economic lessons there are many different areas which we can concentrate on learning. For example, we must learn about cooking, baking, sewing, cleaning, organization and more. When we learn to cook and bake, it is important to know that there is more to learn than just making food taste good. We must make sure that our food is good for our bodies so that it will be healthy.

Many people are concerned with looking good. They do not want to be overweight because they are worried about how they look. There is more to this than simple vanity. Being overweight causes terrible health problems.

Did you know that you know that you do not have the same skin that you had eight years ago? Your body completely sheds and then creates a new layer of skin every eight years! What you eat is really what you are.

People who are overweight OR underweight can actually be seriously hurting themselves. Many overweight people are only eating certain types of non-nutritious food and have many of the same symptoms as the underweight. Here are some symptoms:

***Malnutrition** The word malnutrition indicates deficiency for energy, protein and micronutrients (e.g. vitamin A, iodine and iron) either singularly or in combination. It can cause severe health risks including (but not limited to) respiratory infections, kidney failure, blindness, heart attack and death.

Dehydration - caused by the depletion or lack of intake of fluids in the body. Symptoms include dizziness, weakness, or darkening of urine. It can lead to kidney failure, heart failure and death.

Electrolyte Imbalances - electrolyte are essential to the production of the body's "natural electricity" that ensures healthy teeth, joints and bones, nerve and muscle impulses, kidneys and heart, blood sugar levels and the delivery of oxygen to the cells.

Hyponatremia (related to "water-loading") - as stated above, electrolytes are essential to proper body functioning. Drinking too much water (more than eight, eight-ounce glasses in less than twelve hours), can cause Hyponatremia (not enough sodium in the blood), especially in someone already malnourished or dehydrated. Hyponatremia can cause fluid in the lungs, the brain to swell, nauseousness, vomiting, confusion and even death.

Lanugo - (soft downy hair on face, back and arms). This is caused due to a protective mechanism built-in to the body to help keep a person warm during periods of starvation and malnutrition, and the hormonal imbalances that result.

Edema - swelling of the soft tissues as a result of excess water accumulation.

Muscle Atrophy - wasting away of muscle and decrease in muscle mass due to the body feeding off of itself.

Impaired Neuromuscular Function - malnutrition.

Paralysis - transient (or temporary) paralysis — extreme weakness of muscles or not being able to move at all — Caused by low levels of potassium, and/or the degeneration of nerve cells, in the spinal cord or in the brain, which have been deprived of essential nutrients. Left untreated, periods of paralysis may happen more frequently and more severely, lead to permanent muscle weakness, and even result in death.

Dry Skin and Hair, Brittle Hair and Nails, Hair Loss - cause by vita-

min and mineral deficiencies, malnutrition and dehydration.

Low Blood Pressure, Hypotension - cause by lowered body temperature, malnutrition and dehydration. Can cause heart arrythmia, shock or myocardial infarction.

Nutrition

Orthostatic Hypotension - sudden drop in blood pressure upon sitting up or standing. Symptoms include dizziness, blurred vision, passing out, heart pounding and headaches.

Diabetes - high blood sugar as a result of low production of insulin. This can be caused by hormonal imbalances, hyperglycemia, or chronic pancreatitis.

Ketoacidosis - high levels of acids that build up in the blood (known as ketones) caused by the body burning fat (instead of sugar and carbohydrates) to get energy.

Kidney Infection and Failure - your kidneys "clean" the poisons from your body, regulate acid concentration and maintain water balance.

Osteoporosis - Thinning of the bones with reduction in bone mass due to depletion of calcium and bone protein, predisposing to fractures.

Arthritis (degenerative) - can be caused by hormonal imbalances and vitamin deficiencies as well as increased stress on the joints in individuals who suffering Compulsive Overeating.

TMJ "Syndrome" and Related TMJ Problems - degenerative arthritis within the tempero-mandibular joint in the jaw (where the lower jaw hinges to the skull) creating pain in the joint area, headaches, and problems chewing and opening/closing the mouth. Vitamin deficiencies and teeth grinding (often related to stress) can both be causes.

Easily Bruising Skin - Vitamin deficiencies that decrease the body's ability to heal itself, low blood pressure, low platelets count and/or extreme weight loss will all lead to easily bruised skin that can take a long time to heal.

Dental Problems, Decalcification of teeth, erosion of tooth enamel, severe decay, Gum Disease - will be caused by stomach acids and enzymes; vitamin D and calcium deficiencies, and hormonal imbalance. Can also be due to the lack of exercise the teeth can get from the process of eating certain foods. Dental problems can sometime indicate problems with the heart.

These reasons are why we must be knowledgable about cooking healthy so our families are not malnourished!

*This information was taken from the doctor's webpage at www.something-fishy.org.

"Let your moderation be known to all men."
Philippians 4:5

Nutrition

Week Two

Why Overweight?

Patience loves to eat. She loves the taste of food and the way the texture of certain items chew. Her favorite food item, if you can really call it food, is candy. If she hadn't learned self-control through God's Spirit, she would probably eat candy all the time.

During a short period of time in her life, she was overweight. Her mother helped her through this time in her life by educating her in the knowledge of why her body had become heavy.

Here's an example that her mother gave her:

Do you remember back in Level Two of your Home Economics lessons when you were told to make a *Teddy Bear Pincushion*? You had to put rice inside the teddy bear so that he would have some form to him. What would have happened if you filled him so full that he might pop a seam? It would be a very stiff and unmoving pincushion! Our bodies also become difficult to move when we are overweight.

One thing we need to remember for ourselves and also for our future family, is that we must learn to control our flesh. The Bible talks about tempering our flesh. This means that we are to curb our appetites.

Many times in our society we are tempted continuously by advertisements and recipes of food that sure taste awfully good, but in reality they have no nutritional value whatsoever. We also may be tempted to eat for entertainment's sake. This is where many people start to overeat. We go to parties or out to eat and rather than think about what we are putting into our bodies, we think about how good something tastes and how we want more and more and more...

"When thou sittest to eat with a ruler, consider diligently what is before thee; and put a knife to thy throat if thou be a man given to appetite. Be not desirous of his dainties, for they are deceitful meat."
Proverbs 23:1-3

When our bodies intake too much food, we tend to store that food on our form as fat. Food is used to give us energy so that we can move around. When we eat too much food, that fat literally causes our bodies to become stiff and makes it very difficult to move our limbs.

The sad irony is that the more we eat, the more the fat, and the harder it is to move our bodies in order to get rid of the fat.

The solution to being overweight is to understand how your body works and only give it what it needs so that you will be a vessel fit for THE KING!

The following is a list of foods that you must balance. Never having too much of anything is called "TEMPERANCE".

Nutrition

1. **Vitamins & Minerals** - you get these from eating many different types of fruits and vegetables and fresh dairy. You should plan on eating at least three of these each day.

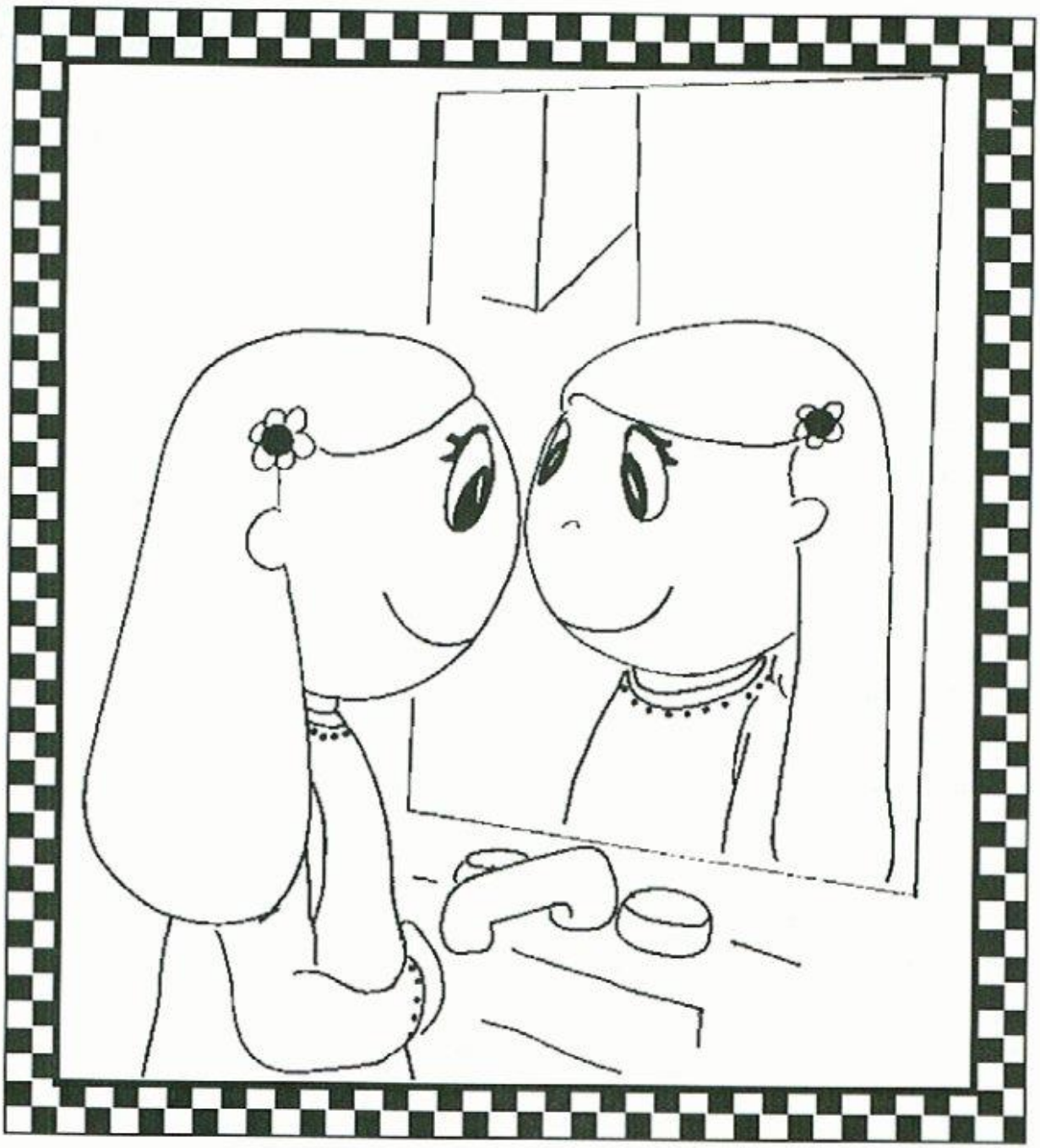
2. **Fiber** - This is also called roughage. Fiber is what works like a rotor rooter through our intestinal system. Whole grains, psyllium seeds, vegetables and fruit contain fiber. Again, three servings of these are a must each day.

3. **Carbohydrates** - these give your body fuel and energy in which to run. Whole grains and breads are exceptionally healthy for your body to burn. You can eat five small servings of these daily and not gain weight!

4. **Fats** - these are essential for healthy growth, but are needed only in small amounts each day. An overabundance of fat, as with anything else, will cause one to become overweight. 20 grams of fat each day is a healthy dose to grow on.

5. **Proteins** - Did you know that most of your body is made up of protein? Your fingernails, hair, bones, liver... everything, is made up of protein. Protein helps to build and repair these parts when they are broken. You should eat approximately three normal servings of protein each day.

TASK: On a piece of paper, plan seven balanced meals that have the proper amount of each nutrient mentioned above. Have mother check it.



"As newborn babes, desire the sincere milk of the word, that ye may grow thereby."
1 Peter 2:2

Nutrition

Week Three

Why Underweight?

Sometimes Patience gets very, very busy at home and forgets to eat her food. At one time in her life she also thought she was fat when she was not, because she would compare herself with people in magazines and those in the media.

Her mother helped her to realize that to become obsessed with her appearance was not pleasing to God. She was then taught that our bodies are not for our own pleasure but for God's. He gave us these bodies and called them our "temples" or our "vessels".

They are called "temples" because our heavenly Father now resides in each of us because of His Holy Spirit.

He also called our bodies "vessels" because we are tools that God can use as He wants to.

To place more importance upon them regarding how they look is nothing but vanity. To worry

"He that tilleth his land shall be satisfied with bread; but he that followeth vain persons is void of understanding." Proverbs 12:11

excessively that they are not "thin enough" is vanity. God is not pleased with vain people. He just wants us to be representatives for Him, and that means we are to keep our bodies healthy and strong for His glory alone!

In last week's lesson we learned that putting more food into your body than it uses causes it to store food as fat. Here's what happens if you do not eat enough food...

When you do not eat food your body starts to use up all the stored fat. After it burns up the fat, it starts burning muscle. In our very first lesson we learned about different things that happen to our bodies when it is malnourished. When you body starts burning muscle, it effects your heart because your heart is a muscle.

There was a young singer many years ago by the name of Karen Carpenter. She died from what is called anorexia nervosa, which means she thought she was fat even though she wasn't, and her body literally ate her heart for fuel.

Someday you will be mothers. It is so important that you learn to feed your own children properly now.

The following rules helped Patience to get an understanding of what eating is all about. Hopefully, you too can benefit from it:

1. Try to find a healthy weight. Not too thin, nor not too fat. Be just right.

Nutrition

2. Move your body. Exercise, walk and stay active each day of your life.

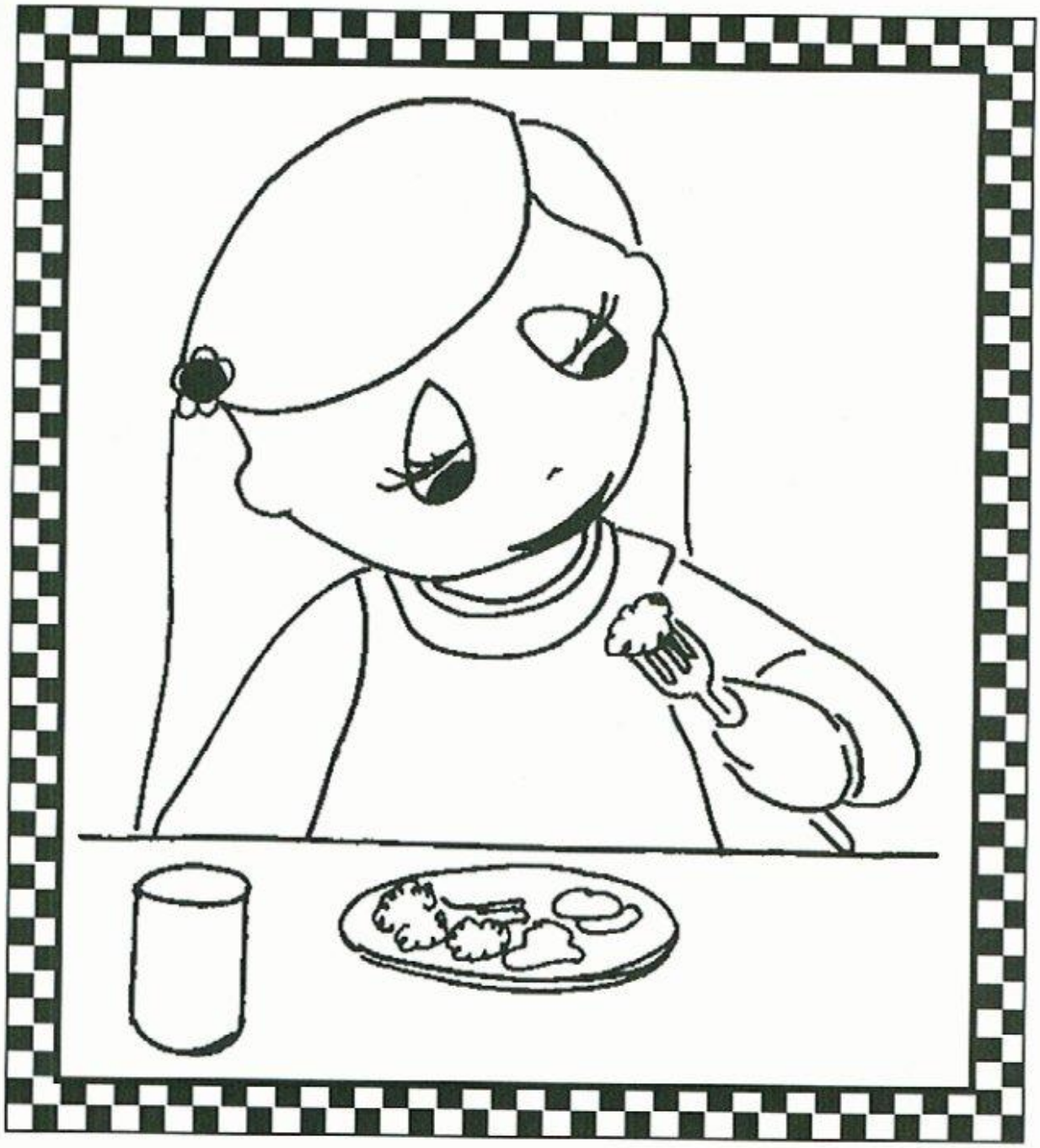
3. Make sure that you eat a balance of fruits; vegetables; dairy; whole grains; proteins; and a small amount of fat each day. Learning now will help your family later.

4. Try to stay away from food high in sugar. It has been found by doctors that too much sugar influences your insulin level. Insulin has a lot to do with retaining fat on your body.

5. Make as much food as you can at home, and try to limit the times you eat out in fast food restaurants.

TASK: Write out what you eat each day for each meal this week. Then answer the following questions:

1. What do you tend to eat a lot of?
2. What do you eat little of?
3. Do you eat whole grains or processed grains? (White or whole wheat flour, white or brown rice, etc.)
4. How many sugar items have you had each day?
5. Discuss with your mother how your body will weigh more as you grow and mature into a lovely young lady.



"Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world."
2 Peter 2:12

Cooking

Week Four

Choosing Healthy Vegetables

Patience loves broccoli! At one time it was very difficult to get her to eat her broccoli, or her spinach for that matter, but one day mother taught Patience how to spice up her vegetables so that they weren't bland, nor were they bad in taste!

Choosing your vegetables is very easy. Just follow the checklist below:

1. Try to shop at your local farmer's market when they are in season.

2. When shopping at your grocery store, make sure to always choose the vegetables that are farthest away from you. The grocery stores often place their old vegetables in front and their fresh vegetables at the back in order that people use up the old first. Check the expiration dates.

3. You can tell the following vegetables are old when:

a. Broccoli is turning white or yellow.

b. Cauliflower is turning black at the edges.

c. Squash becomes soft.

d. Cucumbers are squishy or slimy, not hard.

e. Celery is turning brown.

f. Tomatoes are turning dark red and are starting to have soft spots. Look for mold at the top near the stem.

g. Green peppers start to have black spots.

h. Onions are growing green sprouts from the top.

i. Potatoes are sprouting.

j. Carrots are sprouting and also have ends which are discoloring. When they start to get limp.

k. Turnips start to discolor.

l. Lettuce starts to rot at the top, or turn brown at the edges.

m. Cabbage starts to get mold around the edges.

Also watch out if the grocers have removed the outer rotten areas of food, such as onions, lettuce and cabbage. Only purchase those foods which you can tell haven't been tampered with. Look at the bottom of the stalks of your leafy vegetables and see if they have been torn off.

Delicious Vegetable Dip

Cooking

Ingredients:

~Garnished Vegetables (Learned in Level One)
- -Carrots
- -Celery
- -Cauliflower
- -Radishes
- -Broccoli

~2 packages softened Fat Free Cream Cheese
~1 Package Hidden Valley Ranch Dressing
~1 Cup Low-fat mayonnaise

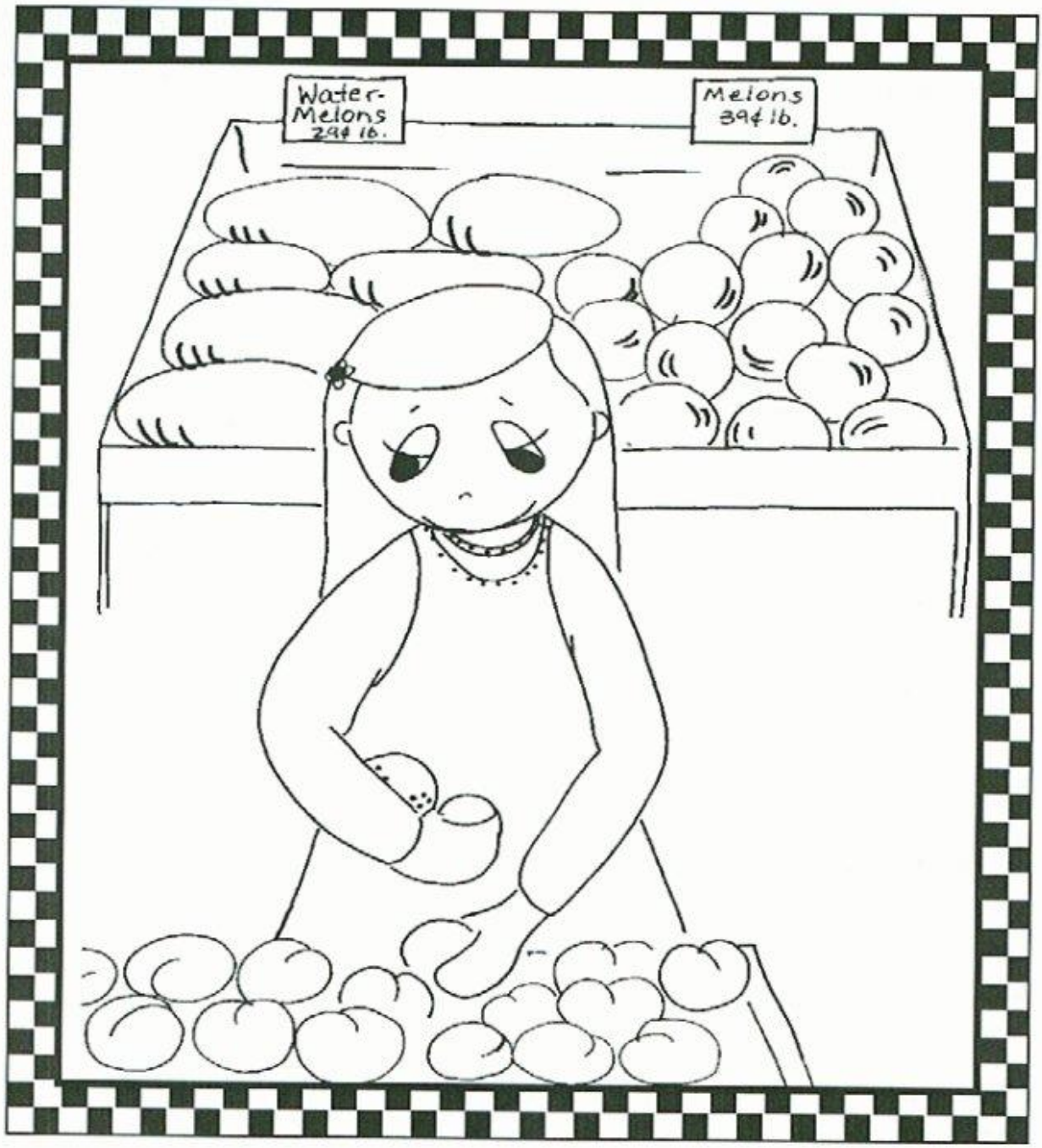
1. Clean, peel and garnish raw carrots, cucumbers, green peppers, broccoli, or any other of your favorite vegetables.

2. In a mixing bowl, place your softened cream cheese and add the mayonnaise and Hidden Valley Ranch Dressing Mix.

3. With an electric beater, blend all the ingredients until creamy.

4. Serve on a nice vegetable tray with the dip in the middle.

TASK: This week ask mother if you may shop for the vegetables. Make the vegetable dip and prepare the garnished vegetables at least twice this week.

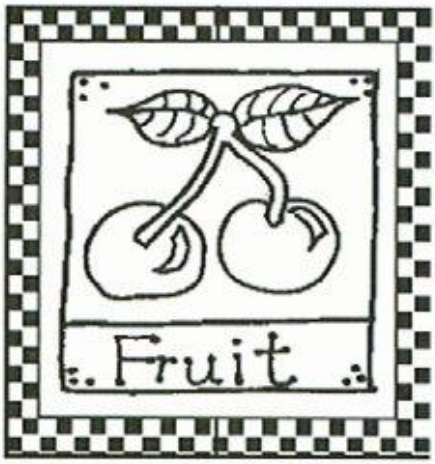


"Being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God."
Philippians 1:11

Cooking

Week Five

How to Pick Fruit



Patience has learned from her mother how to make the most delicious fruit salad. Like many people today, Patience doesn't grow all her own fruit so the only way she selects her fruit is by picking which fruit is the best to purchase in the store!

You only want to buy the very best fruit that you can possibly find. Do not buy fruit that has the following:

1. *Fruit that has cuts.*
2. *Fruit that has holes or any type of openings. (Fruits that have these things also have bacteria.)*
4. *Fruits that have mold.*
5. *Fruits that have bruises.*
6. *Fruits that do not have a healthy color.*

Buy fruit in season. Sometimes it is best to buy fruit when it is very inexpensive and store it in a cool, dry place. A basement, root cellar, or refrigerator works great, if you have the space.

Storing apples & pears: If you are storing apples, wrap each apple in tissue paper or newspaper, and place them individually in boxes. Ask your grocer for used flats. These allow the air to circulate and keep the fruit for a longer period of time. Pears should not be wrapped when storing.

To Keep Fruit Longer: Do not wash fruit until right before you are ready to eat them. If you wash them right after you purchase them, they will ripen too quickly. Also, when dealing with peaches and apricots to store, then place in refrigerator in a glass bowl.

To Ripen Fruit: If you have purchased fruit that is not ripe and you wish to help it ripen quicker, place the fruit in a brown paper bag and close the top. Within two to three days, the fruit should be ready to eat, but check it after one day because you may be surprised!

Apples also help to ripen fruit. They give off a gas, which is why you never want to place fruit together with apples. They will cause the fruit to become ripe way too soon. This is why you never have an apple and fruit basket sitting on your table. The bananas will start to brown within hours!

Ask mother if you can choose the fruit all by yourself for this week's task!

Patience's Fruit Salad

Cooking

Ingredients:
1 Bananas
2 Apples
1 can of pineapple tidbits
1 cup of grapes
2 oranges
Juice of one lemon

1. Wash apples and grapes.

2. Peel, core and grate your apples into a large mixing bowl.

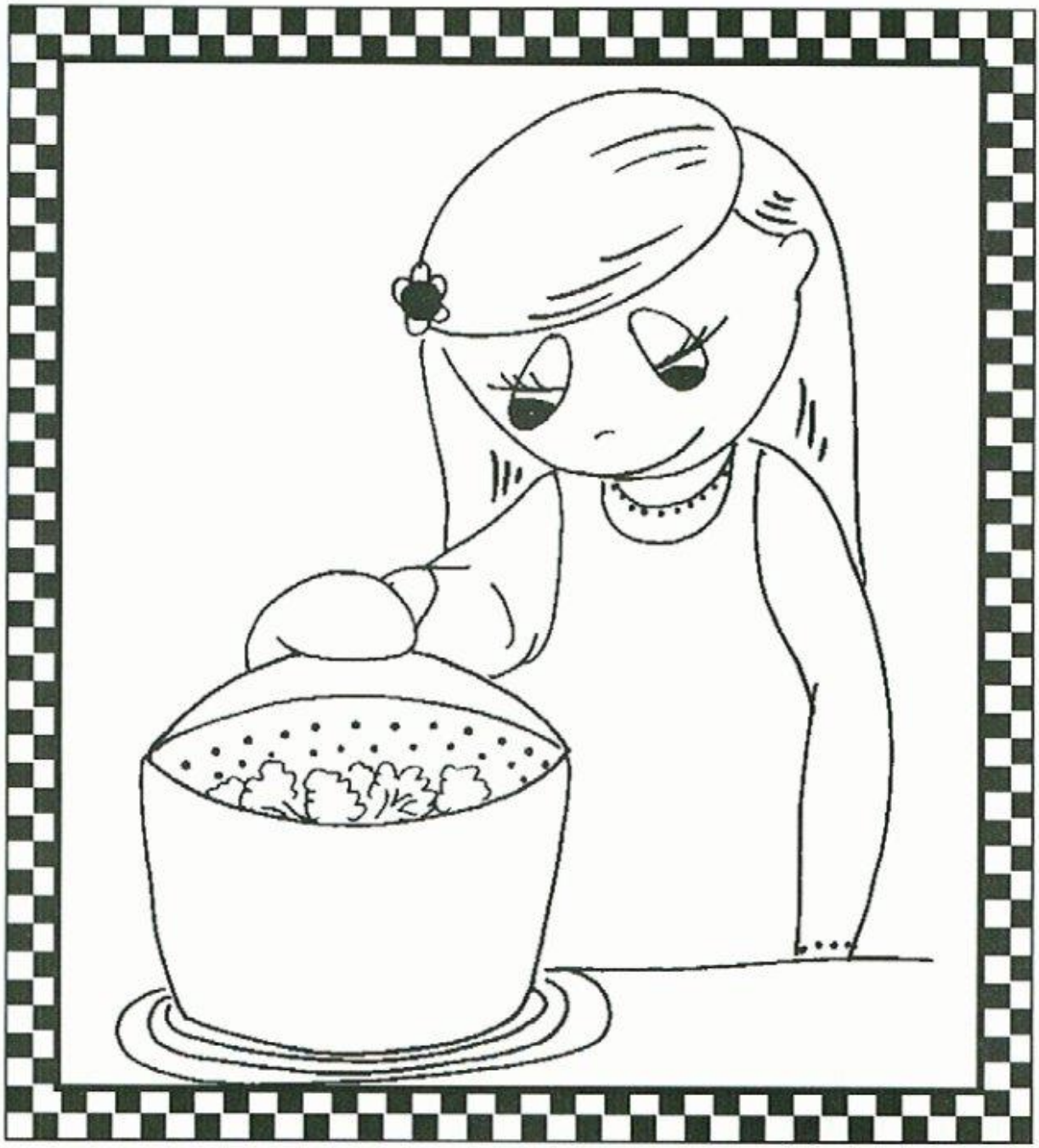
3. Squeeze the juice of one full lemon (cut it in fourths and then squeeze) over the apples.

4. Peel your oranges and then cut them and the bananas in small bite-sized cubes. Add to the bowl.

5. Cut your grapes in half. Add to the bowl.

6. Pour the whole can of pineapple tidbits into your fruit mixture. Gently blend all together. Chill in refrigerator for 30 minutes and then serve.

TASK: Go fruit shopping and practice making this twice this week.



"Abide in me as I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me."
John 15:4

Cooking

Week Six

Learning to Steam Veggies

Can you think of some of the things that we do or have done with steam? Remember the steam engines? Whole trains have been powered by steam! Did you know that there are many power stations which generate electricity which are ran by steam? Have you used a steam iron? If not, you will soon in this level! When an iron is turned to the steam setting, the steam helps to set creases in clothing and also to get stubborn wrinkles out. We also use steam to cook!

You can use a steamer which your mother may have, or you may use a metal colander fitted into the bottom of a pot with a lid. Both work fine.

Steamed vegetables are very good for you as you do not lose a lot of the vitamins and minerals compared to when they are boiled!

1. Place water in steamer or pot. 2. Place vegetables in pot. 3. Turn heat on high. 4. Cover. 5. Bring to boil. 6. Turn heat down to simmer and steam for until tender.

Steaming Time:

Leafy Greens - 4 minutes. They will turn a bright green

Green Beans - 12 minutes. Taste test to see if cooked.

Potatoes- 30 minutes. Use fork to test to see if soft.

Asparagus - 10 minutes. Insert fork and see if tender

Bean Sprouts-3-5 minutes.

Yams - 30 minutes. Test with a fork to see if tender

Beets - 25 minutes. Test wth a fork.

TASK: This week make both of these recipes in order to practice steaming vegetables.

Steamed Potatoes

Ingredients:
1 pound red potatoes
2 cups water
2 teaspoons garlic salt
1 tablespoon dried chives
1/4 cup butter or lite margarine

1. Thoroughly wash the potatoes.

2. Place potatoes in colander or steamer over 2 cups of water. Cover.

3. Steam for approximately 30 minutes or until tender.

4. In a small bowl, melt the butter or margarine in the microwave. Add the remaining ingredients.

5. Place steamed potatoes in a serving bowl. Pour the butter mixture evenly over the potatoes. Serve.

Practice steaming other vegetables as you help mother with dinner this week.

Cheesy Broccoli

Cooking

Ingredients:
1 large package of frozen broccoli or
2 large bunches of fresh broccoli
2 cups of chopped Velveeta cheese (low-fat)
1 1/2 cups milk

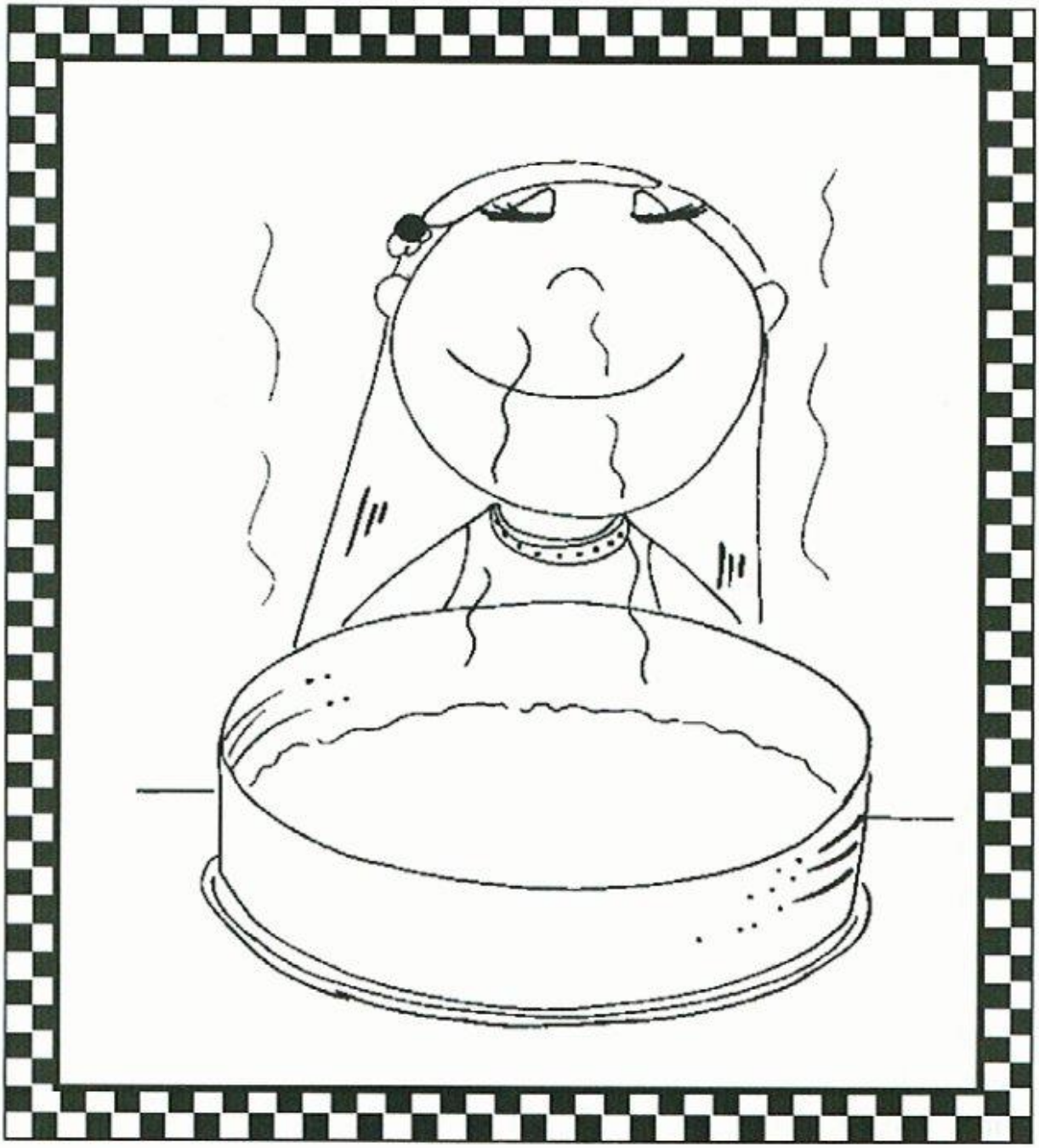
1. If using fresh broccoli, wash your broccoli thoroughly and then cut into cubes. (Make sure you throw away the bottom end.)

2. Take a steamer (if you do not have a vegetable steamer, use a metal colander that fits inside a large pot with a lid), place 2 cups of water in the bottom, and add your vegetables.

3. Bring to a boil, then turn your heat down so your broccoli simmers. Let cook until tender, about 15-20 minutes. DO NOT OVERCOOK so that they are mushy.

4. During the time when they are cooking, chop your Velveeta into chunks and put in glass bowl; place them in the microwave with 1 1/2 cups of milk. Microwave, with mother's help, on medium until it starts to melt. Stop. Stir. And do this again three times until you have made a cheese sauce.

5. Place broccoli in a serving dish and pour cheese sauce over the top. Serve.



"The thought of the diligent tend only to plenteousness; but of every one that is hasty only to want."
Proverbs 21:5

Cooking

Week Seven

What is Sautéing?

In our previous levels of Home Economics, we have mentioned the word sautéing before. What does this mean to you? Have you ever sautéd anything before?

Sautéing is a way to fry food lightly in a bit of oil, fat or butter. You do not use a lid with your pan. Cooking like this will cause a caramelizing effect.

Another way to sauté is with water, called water sautéing. You can deliciously and nutritiously cook root plants and broccoli this way in water. It's very similar to steaming, but doesn't use the extra equipment. You only use a flat, open pan.

Water sautéing is done in two steps. 1) It first steams the vegetables, then 2) it directly heats in order to brown the veggies to make them caramelized.

Are you ready for this new, healthy alternative to cooking?

Canola, olive oil or clarified butter should be used when sauteing. The reason being they are the only ones which can really withstand high heat. Clarified butter: Heat butter in the microwave. Pour off top which is clear. This is your clarified butter. Do not use the milky part when sauteing.

Sautéd Green Beans

Ingredients:
1 pound fresh green beans
2 Tablespoons canola or olive oil
1/2 teaspoon chopped garlic
1/2 teaspoon salt

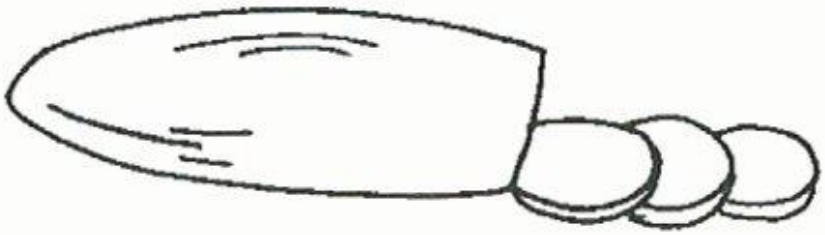
1. Rinse, and take off stem end of fresh green beans.

2. Turn your burner with your sauté pan (a flat skillet or pan will work great as a sauté pan) on high and add the oil so that it lightly coats the bottom of the pan. This prevents sticking and seals in the juices.

3. When the oil is hot, place the green beans and garlic in the pan. When one side is lightly browned, turn it over and sauté the other side. Add salt. Serve.

Now that you have mastered green beans with oil, try sautéing thinly sliced beef. You will be in for a real treat. Use the same recipe for the green beans, but simply substitute the thinly sliced beef.

Cooking



Water Sautéd Zucchini

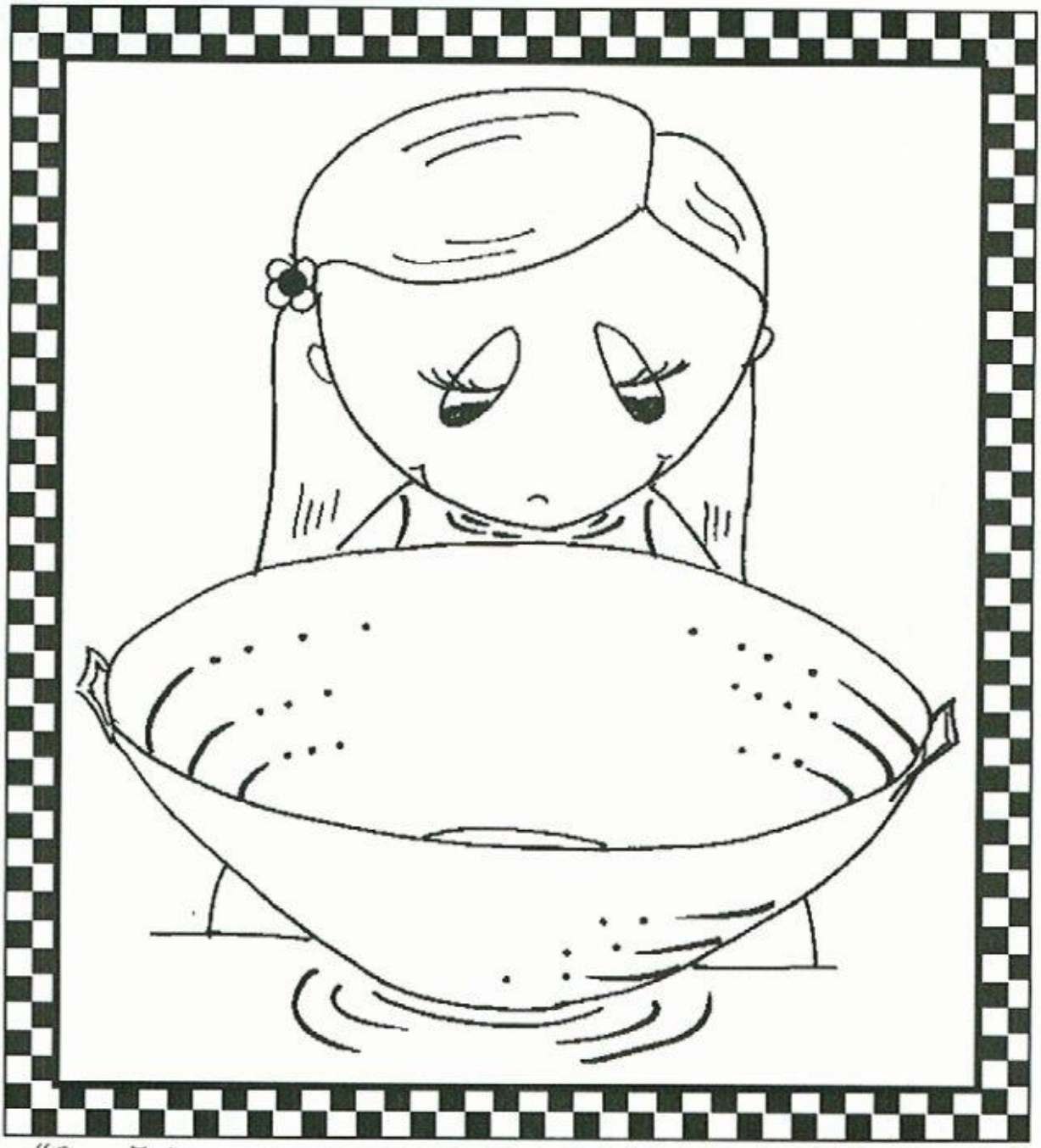
Ingredients:
2 Tablespoons olive oil
1 chopped garlic clove
1/4 teaspoon red pepper flakes
water
3 chopped zucchini

1. Bring the garlic, red pepper flakes and olive oil to a boil with 1/2 cup of water. Boil until the water evaporates and only the oil is left.

2. Add your zucchini and 1 more cup of water. Bring to a boil and cover and then turn down heat to simmer for five minutes.

3. Remove the lid, turn stove to high and then let the zucchini sauté in the oil until caramelized. Serve.

TASK: This week practice different vegetables and meat. Oil sauté and water sauté at least once each.



"But I keep under my body, and bring it into subjection; lest that by any means, when I have preached to others, I myself should be a castaway."
1 Corinthians 9:27

Cooking

Week Eight

Healthy Stir-Frying

Patience has a "yen" for Chinese food! When her mother asks her what her favorite food is she always says, "Chinese!"

Homemade Chinese food is one way to make very healthy food. It is low in fat, it has everything nutritious except fruit in it, (and sometimes even has that) and is easy and inexpensive to make.

Stir frying is just what it sounds like. You are frying the food as you stir. It is quick, and it is efficient, but you need to be prepared.

1. Always have your ingredients prepared (washed, peeled, & chopped) ahead of time.
2. Cut your pieces into the same bite size pieces so that they will cook evenly.
3. Heat your wok (Chinese skillet) or skillet before adding oil. Make sure when you add the oil that it coats all spots.
4. Stir fry your food in turns. Cook the meat first and then your veggies. You can return them to the pan, together, when finished.

If you want to have a 100% balanced meal, containing something from all the food groups, make Stir-fry and then... add a can of pineapple!

Easy Chicken Stir-Fry

(Serves 8)

Ingredients:
2 lb. chicken breast, cubed
6 tablespoons soy sauce
2 tablespoon sugar
8 cups of Oriental frozen vegetables
1/2 cup Kikkoman Stir-fry Sauce
4 tablespoons oil

1. Marinate (this means soak for about an hour) your chicken in the soy sauce and sugar.
2. Heat wok or skillet first, then add oil, making sure to cover all surface of pan. Add the chicken and stir-fry it for about 5 minutes. Remove from pan into bowl.
3. Add the Kikkoman sauce and stir-fry your vegetables for about 10-15 minutes, until they are tender but not mushy.
4. Add the chicken and heat. Serve over fluffy hot rice.

Making rice:

Always 1 cup of water to 1/2 cup rice; or
4 cups water to 2 cups rice = 6 cups rice
6 cups water to 3 cups rice = 9 cups rice
8 cups water to 4 cups rice = 12 cups rice

Stir-fry Anything Recipe

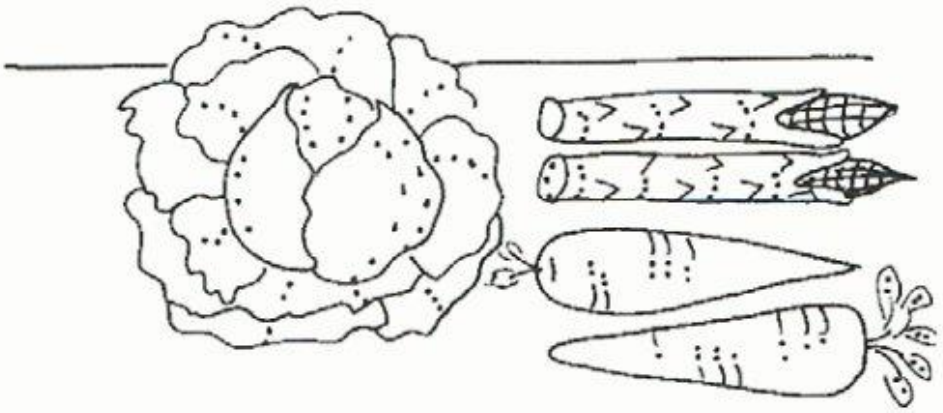
(Serves 8)

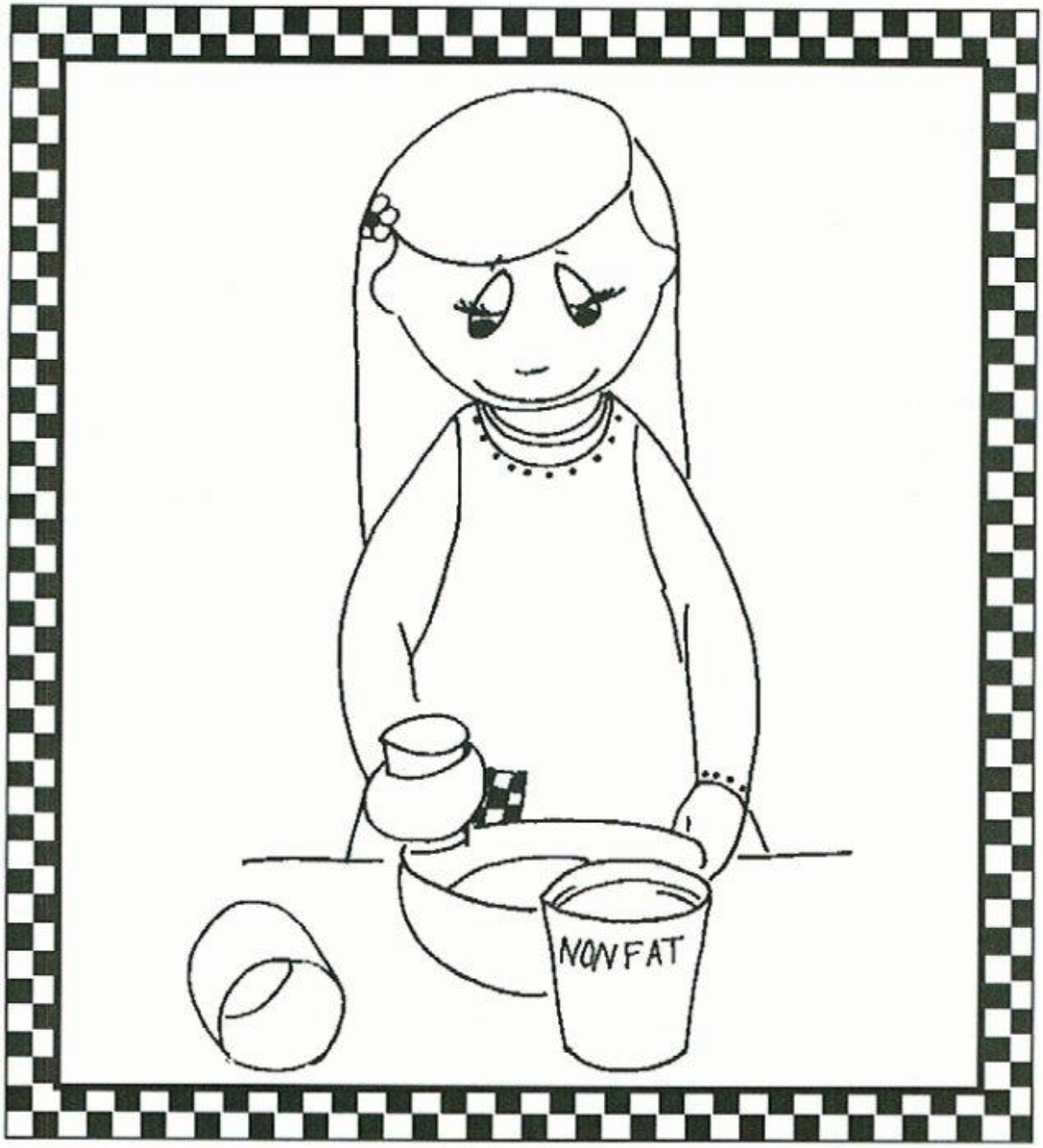
Cooking

Ingredients:
2 lb. meat
6 cups vegetables
1/3 cup Kikkoman Stir-fry Sauce
4 Tablespoons oil

Follow the recipe on the previous page, just using whatever type of meat you would like to use. Serve over rice.

TASK: This week prepare the Chicken Stir-fry one time and then use the recipe above to make dinner for your family. Try another meat such as beef or turkey!





I praise you because I am fearfully and wonderfully made; marvellous are thy works; and that my soul knoweth right well.
Psalms 139:14

Cooking

Week Nine

Healthy Substitutions

Patience has learned that too much fat intake can be unhealthy for her body (her temple). She and her family still like to have foods which taste good and are flavorful, but they are concerned with how much fat is going into it.

Did you know that you can follow rich, delicious recipes, and substitute good, healthy ingredients, still using these recipes?

It's called substituting.

Another useful purpose of learning how to substitute foods is when you run out of something and you are not able to go to the store. You can substitute an item and still make your recipe!

First, let's learn how to substitute the fat foods with low fat foods:

Fat	Low-fat
1 cup of butter -	1 cup applesauce (for baking)
Butter for cooking-	Spray pan with Pam
8 oz. cream cheese -	8 oz. yogurt cheese
1 cup heavy cream -	2 teaspoons cornstarch or 1 tablespoon of flour whisked into 1 cup nonfat milk, nonfat evaporated milk

Patience was baking one day and found out that she was missing an ingredient. Rather than quit what she was doing, she just left it out.

When she went to dish out the gravy, it was runny like water.

She found out later that leaving out the cornstarch caused her recipe not to thicken. The cornstarch was the thickening agent!

If she would have asked her mother, she would have found that she could have used flour instead of cornstarch!

Empty Baking Closet Problems?

No Allspice?
Use 1/2 teaspoon each of ground cloves and cinnamon

No Baking powder?
Use 1/2 teaspoon baking soda plus 1 teaspoon cream of tartar

No Catsup?
Use 1 cup tomato sauce plus 1/2 cup sugar and 2 tablespoon vinegar (for cooking use)

No Corn Syrup or Honey?
1 cup sugar plus 1/4 cup liquid

No Sugar?
1 cup corn syrup minus 1/4 cup of liquid in recipe

1 cup sour cream -	1 cup Low-fat cottage cheese plus 3 tablespoons skim milk and 1 tablespoon lemon juice
1 egg -	2 egg whites
Mayonnaise -	Light or Nonfat mayonnaise
Whipping cream -	Nonfat evaporated milk
Ricotta cheese	Nonfat, or part-skim ricotta

Substituting items that you run out of:

Milk -	Use powdered or canned evaporated milk
Cream Cheese -	Equal parts Ricotta & yogurt
Beef Stock -	Beef Bouillon with water
Chicken Stock -	Chicken Bouillon with water
Browning (Kitchen Bouquet)	Soy Sauce
1 Onion -	1 teaspoon onion powder
Corn syrup -	Honey
Maple Syrup -	Molasses
Custard powder -	Instant vanilla pudding
1 Egg -	(For baking only) - 2 tablespoons milk, plus 2 tablespoons flour, plus 1/2 tablespoon shortening, plus 1/2 teaspoon baking powder.

There is always a way to make something you would like to make, even if you do not have all the ingredients on hand. Be forewarned, usually it will not taste exactly like the original, but it should be close.

TASK: Your task for this week will be to take the following recipe and, first, turn it into a fat free recipe as you make it.

Second, you must take the very same recipe, cook it as it is, but act as if you have no onions, beef broth or cream. Make it with substitutions.

Patience's Creamed Corned Beef

Cooking

Ingredients:
1 lb. Deli sliced corned beef
2 cans of beef stock, (15 oz.)
2 cups cream
2 small onion, chopped
2 tablespoon butter
1/2 cup flour dissolved in 1 cup milk
Salt and pepper to taste
Cooked rice

1. In skillet heat butter on medium high and cook the onion until softened. When translucent, add the meat.

2. Add the cream and beef broth.

3. Dissolve flour in milk and add to pan. Turn on high, and while constantly stirring bring to a boil. When thickened, turn and remove pan from heat.

4. Serve over cooked rice.

Help: For task #1 you should have substituted the cream with nonfat evaporated milk. Spray the pan with Pam rather than using the butter. For task #2 you should use onion powder, evaporated milk and make broth from 3 beef bouillon cubes and 3 cups of water.

"Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, and longsuffering."
Colossians 3:12

Cooking

Week Ten

Cooking Healthy Desserts

Patience has a sweet tooth. In a past lesson we learned that if she gave in to her flesh she would be eating candy all day long. Thank our Heavenly Father that He has given her the knowledge to know that this is bad for her and that she has brought her flesh under our Savior's control rather than her own!

Did you know that you can still enjoy desserts and still take care of your body? There are many dessert items that taste good and are good for you!

It's all in learning what is good for you and finding healthy recipes. Cheesecake, oatmeal cookies, pudding, zucchini and squash sweet breads, whole wheat cake and cookies are just the beginning!

Patience has given her very favorite recipes on the following page...

With the Unbaked Peanut Butter Cookie recipe, try the recipe first with smooth peanut butter. Next time try it using crunchy peanut butter. If you like nuts, you'll love it with the crunchy peanut butter!

Unbaked Peanut Butter Cookies

(8 Servings)

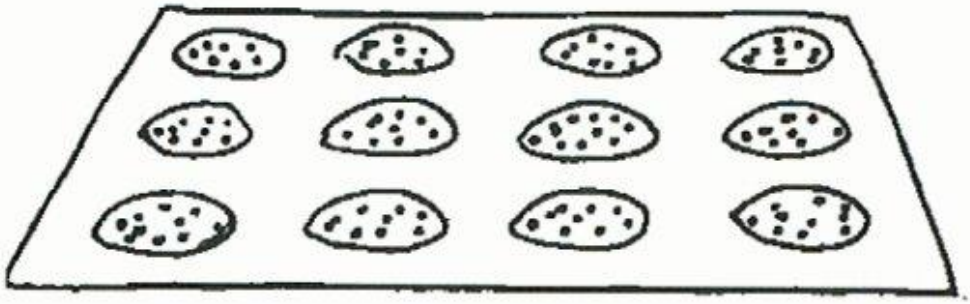
Ingredients:
1 cup corn syrup
1 cup peanut butter
6 cups of crispy rice cereal

1. Measure the corn syrup and peanut butter into a mixing bowl.

2. Combine together until smooth.

3. Stir in the crispy rice cereal. Drop by spoonfuls onto waxed paper.

4. Let set out until firm. Serve.



Chocolate Bread Pudding

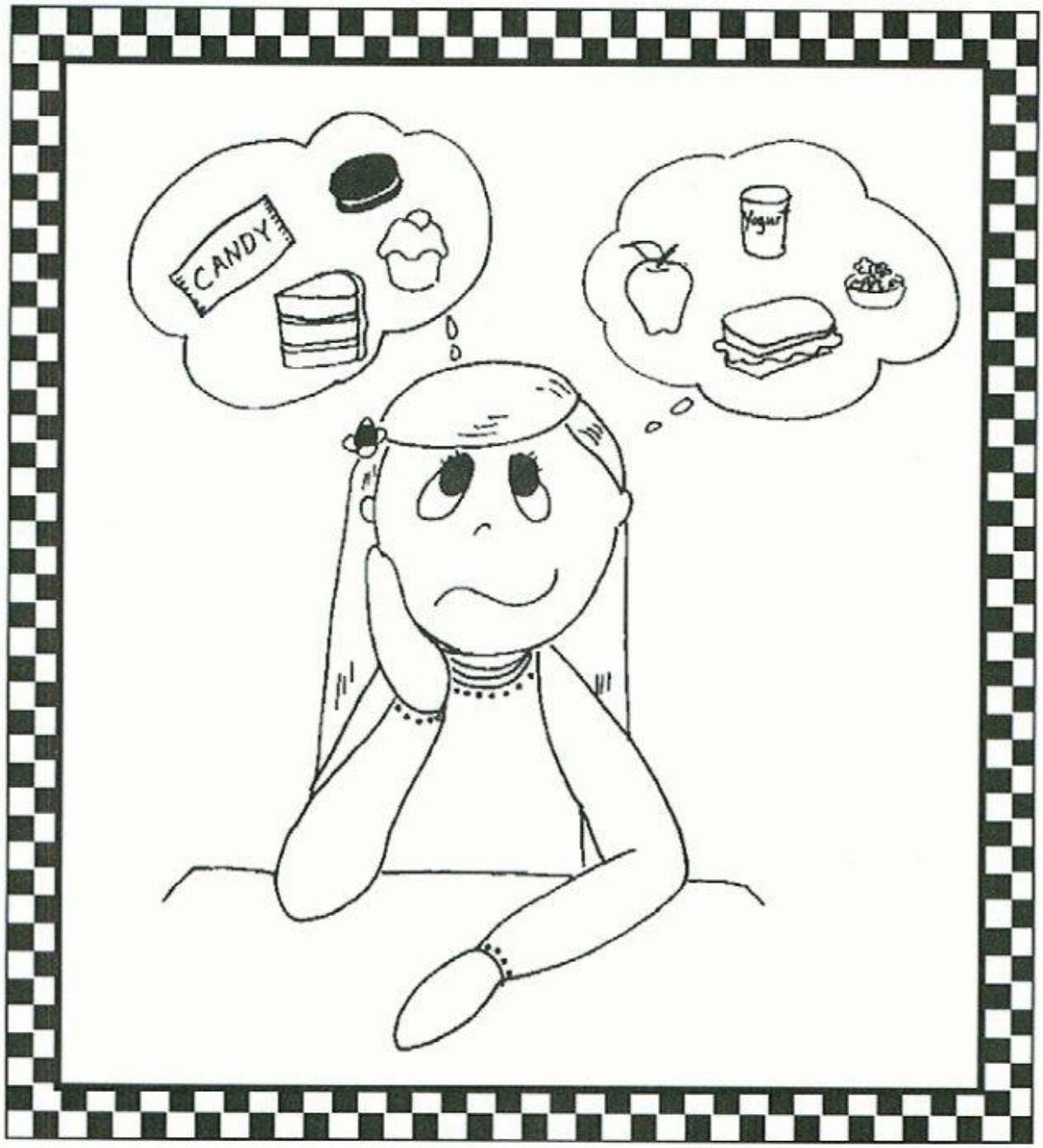
(8 Servings)

Cooking

Ingredients:

3/4 cup unsweetened cocoa powder
1 1/2 cup sugar
3 cups nonfat milk
8 slices bread with crusts broken in pieces
1 tablespoon vanilla
2 eggs
1 teaspoon cinnamon
1/2 teaspoon salt

1. Preheat oven to 375 degrees.
2. Spray a square pan with Pam, dust with cocoa powder.
3. In saucepan, mix cocoa, 1/2 cup sugar and milk. Cook over medium heat until dissolved. Cool. Place bread pieces in bowl. Pour over bread.
4. In small mixing bowl combine the vanilla, egg, cinnamon, remaining sugar and salt.
5. Place 1/2 of chocolate bread mixture in pan and pour 1/2 of egg mixture over the top. Layer it again with the other half of the chocolate bread mixture and then the rest of the egg mixture.
6. Bake for 1 hour until the top is puffed up and the middle is cooked. Serve with milk to drink!



"But ye put on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof."
Romans 13:14

Baking

Week Eleven

How to Choose Snacks

Did you know that every time you decide you want a certain food to eat, you have made a choice? Patience's mother taught her to understand that when she was hungry, she needed to remember to choose the right snack.

Many times when Patience is hungry she might like to have a Twinkie, a bag of M&M's, a candy bar, or a piece of leftover birthday cake. However, she has learned to choose foods that are better for her than just sugar items with no nutritional value, and that leave her insulin level in shock!

Many people snack every day of their lives. Your own children and family members, when you have them, will probably also snack. It's very important that you learn now to choose snacks wisely.

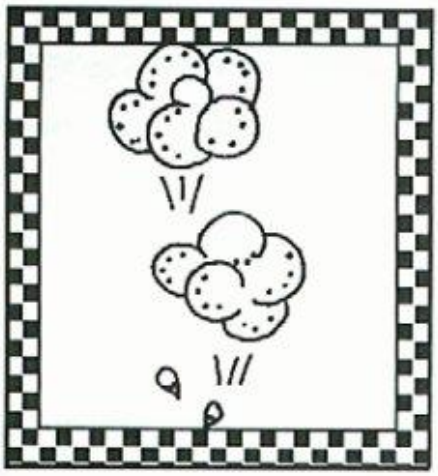
Can you think of some of your favorite snacks? What are they? (Think of them in your head and then write them down.) Are they healthy?

What is a snack? It is something that we eat in between our regular meals.

The majority of families snack. But what should you choose to snack on?

Some healthy suggestions might be:

- Vegetables
- Fruit
- Whole wheat toast
- A cup of yogurt
- Pretzels
- Homemade snack food
- Can you think of some others that could go here?



Patience's Popcorn

Ingredients:
1/4 cup oil
1/3 cup popcorn kernels
1/4 cup butter or margarine
2 teaspoons honey
1 package (small) your favorite flavored Jello

1. In a large, deep pan, heat your oil until it is hot enough to pop a kernel of corn.

2. Pour the popcorn kernels into the pan and cover. Turn the heat to medium and shake the pan as you hold onto it with mitts until it is all popped.

3. You can also purchase microwave low-fat popcorn and use the microwave for this recipe.

4. After the popcorn is ready, go to the stove top and in a small saucepan, melt the butter. Add the honey and the gelatin and stir. Pour this over your popcorn.

Another alternative to sweet popcorn is to make your own cheese popcorn. When you are finished making the popcorn, simply sprinkle the popcorn with 1/3 cup of grated cheese of your liking. Parmesan or cheddar work great! A great snack to serve for when you have company.

Cheesy Quesadilla's

Baking

Ingredients:

Whole wheat tortilla shells (Regular or 98% fat free)

Cheddar Cheese (Regular or 2% milk cheese)

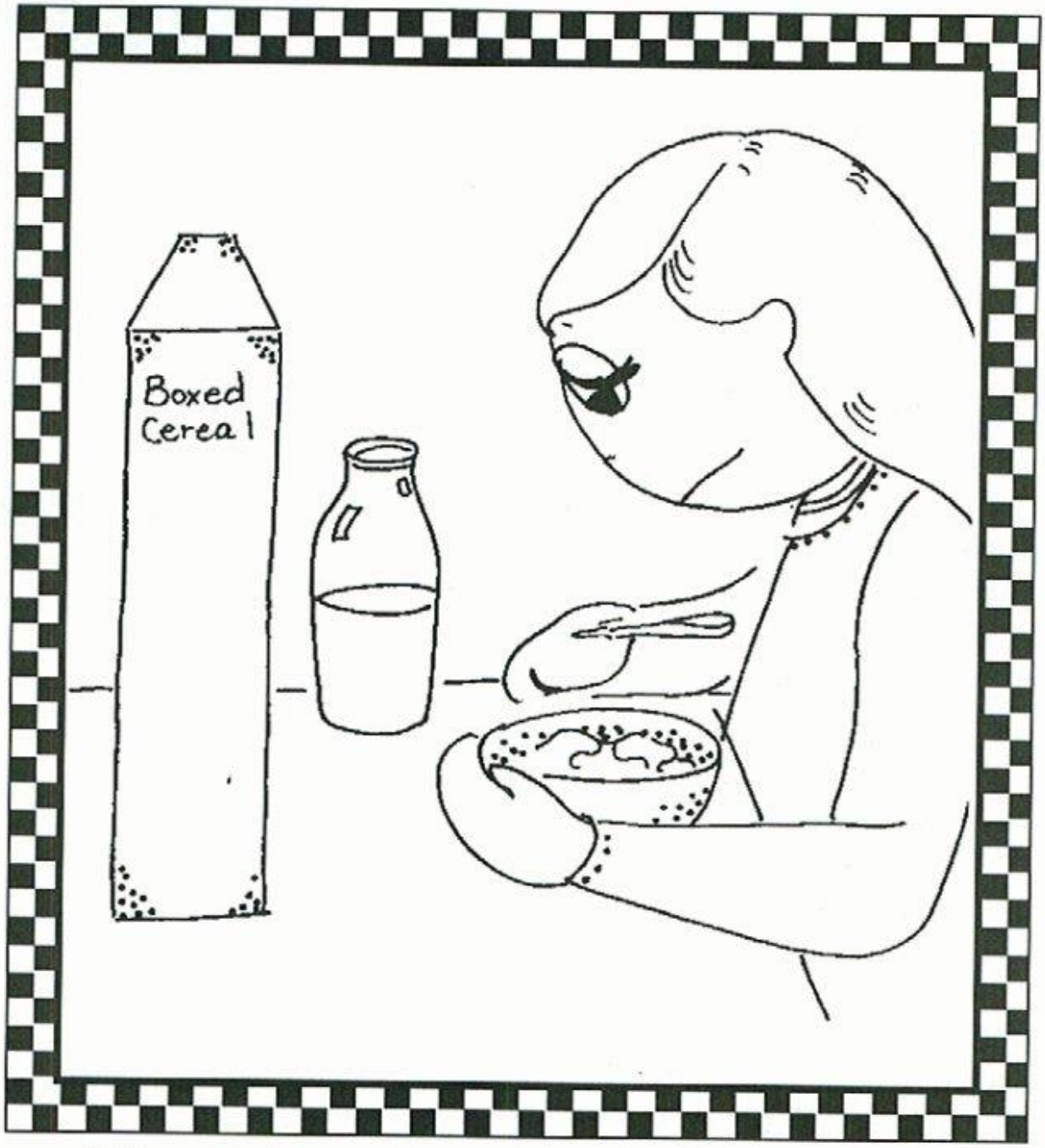
1. Take the tortillas and lay them out flat. Sprinkle with grated cheese.

2. If you have a microwave, lay flat and microwave for about 30 seconds (microwaves will vary) or until the cheese is melted. If you are using a regular oven, turn to broil and broil until the cheese is melted.

3. Remove from oven or microwave, sprinkle with Salsa if you like, and fold in half. Enjoy!

(You can also add bits of chicken, tomatoes or whatever you like to the cheese and then broil)

Task: This week, take a piece of paper and plan snacks for your whole family. Write down each day what would be a good and healthy item to snack on. Come up with some of your own, like celery with cottage cheese, peanut butter or lite cream cheese; trail mix; or raisins and nuts mixed together. Have them ready for when the snack urge hits!



"Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles?"
Psalms 103:5

Baking

Week Twelve

Homemade Breakfast

Have you ever groggily woken up, stumbled downstairs, sat at the breakfast table, and groped for your morning box of cereal? Then, as you slowly gathered your wits about you, placed the cereal box in front of you and slowly read the back of the box for the millionth time?

This is what many people do each morning of their lives, and sad to say, boxed cereal day in and day out is not that good for you. It is fine to have dried cereal as an alternative, but not very good to have it daily.

Consider the processing of this food. First, it is made in huge processing plants months ago where cost is usually a big factor in what goes into the cereal. Do you think most companies use only whole wheat flour? Do they use the best honey (if they use honey at all)? Look at the side of your cereal box. (Go get one.) What are the first ingredients? Does it say "whole wheat flour" first? Homemade is always best!

Mom's Granola

Ingredients:
6 cups quick, rolled oats
1 cup wheat bran
1 cup sliced or chopped almonds or other nuts
1 cup wheat germ
1/2 cup whole wheat flour
1 cup dry milk
1 teaspoon salt
1/2 cup honey
1/2 cup oil
1 cup raisins (if you like them)

1. Combine all the dry ingredients in a bowl.

2. Add the oil and the honey and mix thoroughly.

3. On two cookie sheets, spread the mix out in a very thin layer so they cook evenly.

4. Bake at 250 degrees for 1/2 hour. Stir. Bake again for another 1/2 hour. Add raisins. Stir, and do it one more time. (Total baking time 1 1/2 hours.)

5. When totally cooked, store in freezer bags (they are thicker and more durable). Makes 14 cups of granola.

Patience's Baked Pancakes

Baking

(Serves 8)

Ingredients:
8 eggs
1 1/2 cup flour
1 1/2 cup milk
2 tablespoons melted butter or margarine
Powdered sugar
Lemon or orange juice
(Preheat the oven to 400 degrees)

1. Butter the inside of two oblong cake pans.

2. In a mixing bowl beat eggs until light with a blender. Add the flour, milk and melted butter. Beat until smooth.

3. Pour into the buttered oblong cake pans and bake for 15 minutes. Turn the heat down to 325 degrees and bake for another 12 minutes.

4. When done, sift the powdered sugar, and squeeze the juice of a lemon or orange evenly over the top.

TASK: This week plan on baking at least three recipes, including the ones above. You might want to try to bake some muffins. Use the recipes you learned back in Level Two.

"And He causeth... bread which strengtheneth man's heart."
Psalms 104:15

Baking

Week Thirteen

Perfecting Sweet Breads

Do you remember what a sweet bread is? They are the breads we make which do not require yeast. You also use vegetables and fruits to make breads such as sweet potato bread, banana bread, cranberry bread, zucchini bread, carrot bread, applesauce bread, and so much more!

They are different from yeast bread because you do not have to be so careful with the leaven. It is the baking powder and baking soda which causes the bread to rise and become fluffy.

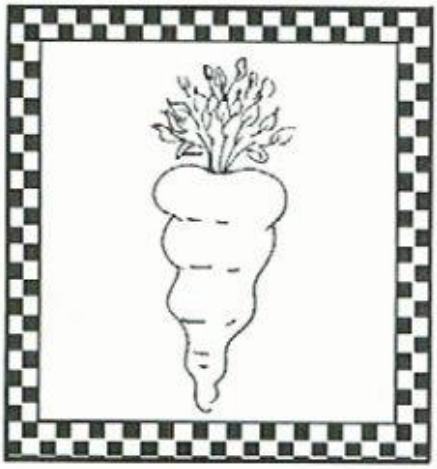
How can you tell if your bread is perfectly made?

1) It should be baked to a golden brown.

2) The top of the sweet bread should be rounded with no peaks or bumps.

3) The inside of the bread should not have long holes or tunnels.

Remember to read your recipe through first!



Carrot Bread

Ingredients:
1/2 cup sugar
1/3 cup oil
2 eggs
1/3 cup milk
1 teaspoon vanilla
2 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 cup grated carrots
1/2 cup chopped nuts of your choice

(Preheat oven to 350 degrees)

1. Grease your bread loaf pan.

2. In a small mixing bowl blend your liquid ingredients first.

3. In a larger mixing bowl, sift your flour, baking powder, baking soda and spices together.

4. Making your well inside your dry ingredients, pour the liquid in the center.

5. Now add your carrots and your nuts. Mix.

6. Pour the batter into your greased bread pan.

7. Here's one way of not getting holes in your bread... Take a knife and slice through the batter after it is in the bread pan. This gets rid of air pockets.

8. Bake for about 55 minutes. Do a toothpick test. (See opposite instructions.) Remove from oven and let cool in the pan for 15 minutes. Remove after that time and finish cooling on a cutting board or cooling rack.

Zucchini Bread: Make the same recipe only instead of carrots, use 1 cup of grated zucchini!

Apple Bread: Make the same recipe only add 1 cup of grated apples. This is delicious!

TASK: This week, plan on practicing making your sweet bread until you have it to perfection. Make three loaves, the carrot, the zucchini and the apple.

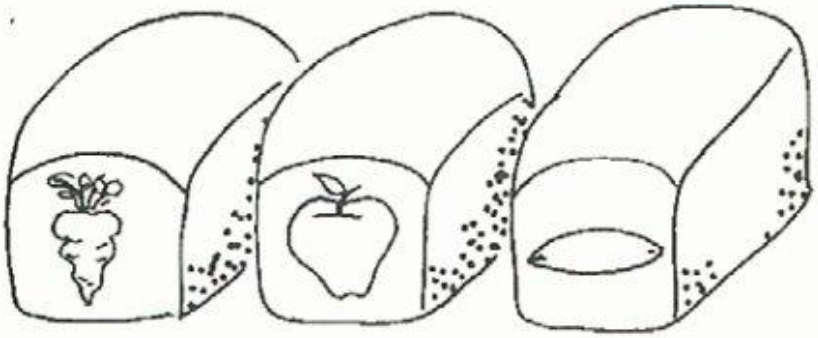
Baking

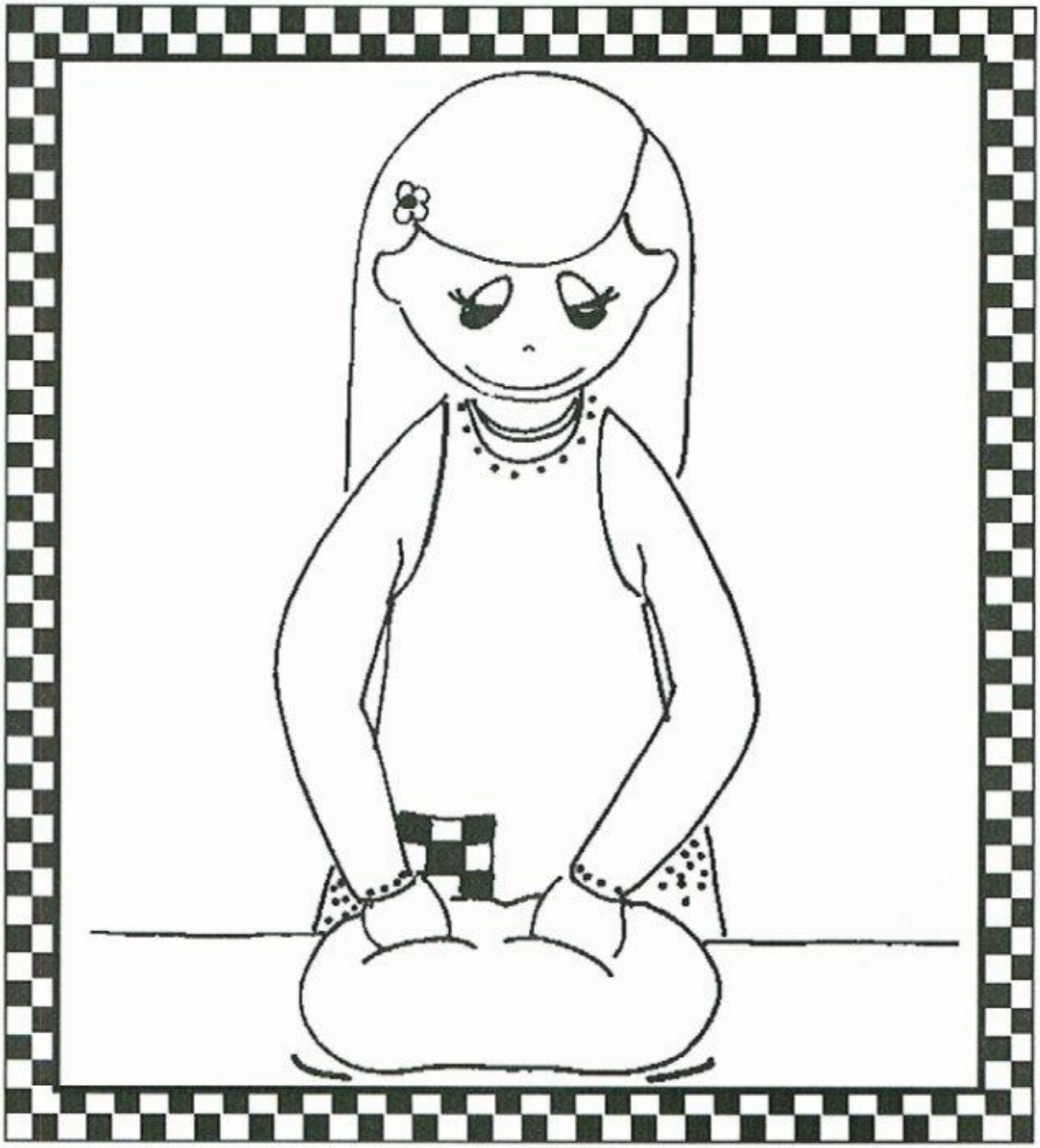
The Toothpick Test:

When testing to see if your food is done, insert a toothpick into the middle of your bread.

If it comes out with batter on it, it is not done yet, keep baking.

If it comes out clean, it is done!





"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst."
John 6:35

Baking

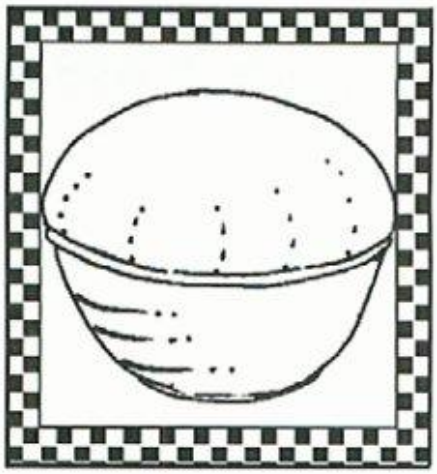
Week Fourteen

What About Bread?

In Level Two you learned with Hope that you can make yeast bread with just a little care and effort.

Let's learn a bit more about bread making:

- Yeast needs moisture, food (sugar) and warmth (water at about 70-97 degrees).
- Yeast will not grow above or below those degrees.
- The best temperature for dough to rise is at 80-90 degrees (on top of your refrigerator).
- Salt stops the growth of yeast.
- Too much sugar stops the making of gluten.
- Gluten causes dough to be elastic, which is what you want!
- Gluten comes from beating and kneading your dough.
- Freshly ground flour has a higher amount of moisture, the amount of liquid the dough will absorb is limited.



Whole Wheat Honey Bread

Ingredients:
2 packages dry yeast
1/2 cup of warm water (warm on wrist)
2 cups warmer water
1/4 cup oil
1/4 cup honey
4 cups whole wheat flour
2 cups all-purpose flour
2/3 cup dry milk
1 1/2 teaspoons salt

1. In a large bowl, dissolve your yeast in the 1/2 cup warm water. Next add the remaining water, the dry milk, honey, oil and salt. Stir.

2. Beat in 1 cup of the whole wheat flour; then add the rest of the whole wheat flour.

3. On a well-floured surface, knead in the white flour. Beat and knead until it is elastic and stretches.

4. In a greased bowl, place your dough and allow it to rise, covered with a towel, on top of your refrigerator for about 1 hour.

5. Punch the dough down and let it rise again until doubled in size, about 50 minutes.

Baking

6. Punch it down again and then separate the dough into two balls.

7. Grease two loaf pans and place each one inside each pan. Allow to rise until twice their size.

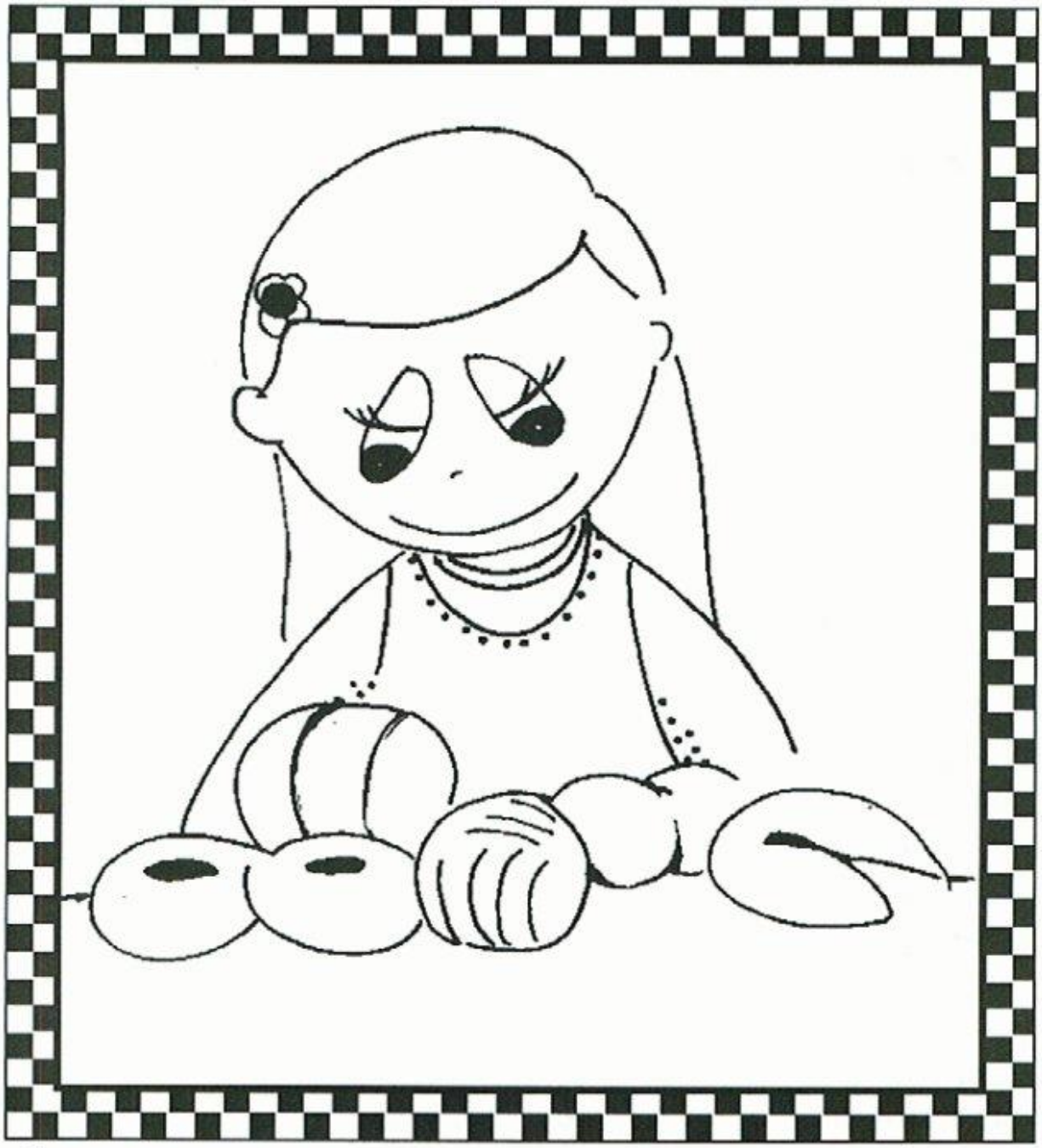
8. Bake at 350 degrees for 40-45 minutes. Cool when done.

How did your bread turn out?

Here are some common problems:

1. *If the loaf is small* - there was too much salt, not enough yeast, not enough rising time, or the oven temperature was too high.
2. *If the loaf was too large* - there was not enough salt, too much yeast and the rising period was too long or the oven temp was too low.
3. *If there are cracks and bumps in your bread* - it was not kneaded enough, not raised properly or wrong oven temperature. Maybe your bread pans were too close together.
4. *Is your crust too thick?* - This can be caused from not enough kneading, the oven temperature was too low, or you baked it too long.
5. *Is your bread tough?* - This can be because the dough didn't rise enough or you didn't knead it enough.

TASK: This week make bread three times until your bread is perfect!



"Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my father giveth you the true bread from heaven. For the bread of God is He which cometh down from heaven, and giveth life unto the world."
John 6:32-33

Baking

Week Fifteen

There's More to Dough!

Now that you are an expert at making perfect bread, there are so many possibilities! You can make dinner rolls, pretzels, sweet rolls, bagels, and more. Dough can be made into many types of shapes... Crescents, Bowknots, Fan-Tans, Coils, Horseshoes, Twists, Parkerhouse Rolls, Cloverleaf Rolls, Figure Eights, Pinwheels, Challah, you name it!

One of Patience's very favorite dough recipes of all time is her Grandmother's Sticky Bun recipe!

If you have never had a sticky bun, you are in for a real treat. These are made with whole wheat and honey, so they are good for your body!

These are fun to make, so grab an apron and let's learn how!

Grandmother's Apple Sticky Buns

Ingredients:
2 packages dry yeast
1/2 cup of warm water (warm on wrist)
2 cups warmer water
1/4 cup oil
1/4 cup honey
4 cups whole wheat flour
2 cups all-purpose flour
2/3 cup dry milk
1 1/2 teaspoons salt

Filling:
3 chopped apples
1/4 cup brown sugar
1 tablespoon flour
1 tablespoon cinnamon
3/4 cup raisins
1/2 cup chopped pecans

1. In a large bowl, dissolve your yeast in the 1/2 cup warm water. Next add the remaining water, the dry milk, honey, oil and salt. Stir.

2. Beat in 1 cup of the whole wheat flour until blended; then add the rest of the whole wheat flour.

3. On a well-floured surface, knead in the

white flour. Beat and knead until it is elastic and stretches.

Baking

4. In a greased bowl, place your dough and allow it to rise, covered with a towel, on top of your refrigerator about 1 hour.

5. Punch the dough down and let it rise again until doubled in size, about 50 minutes.

6. While bread is rising, combine all filling ingredients.

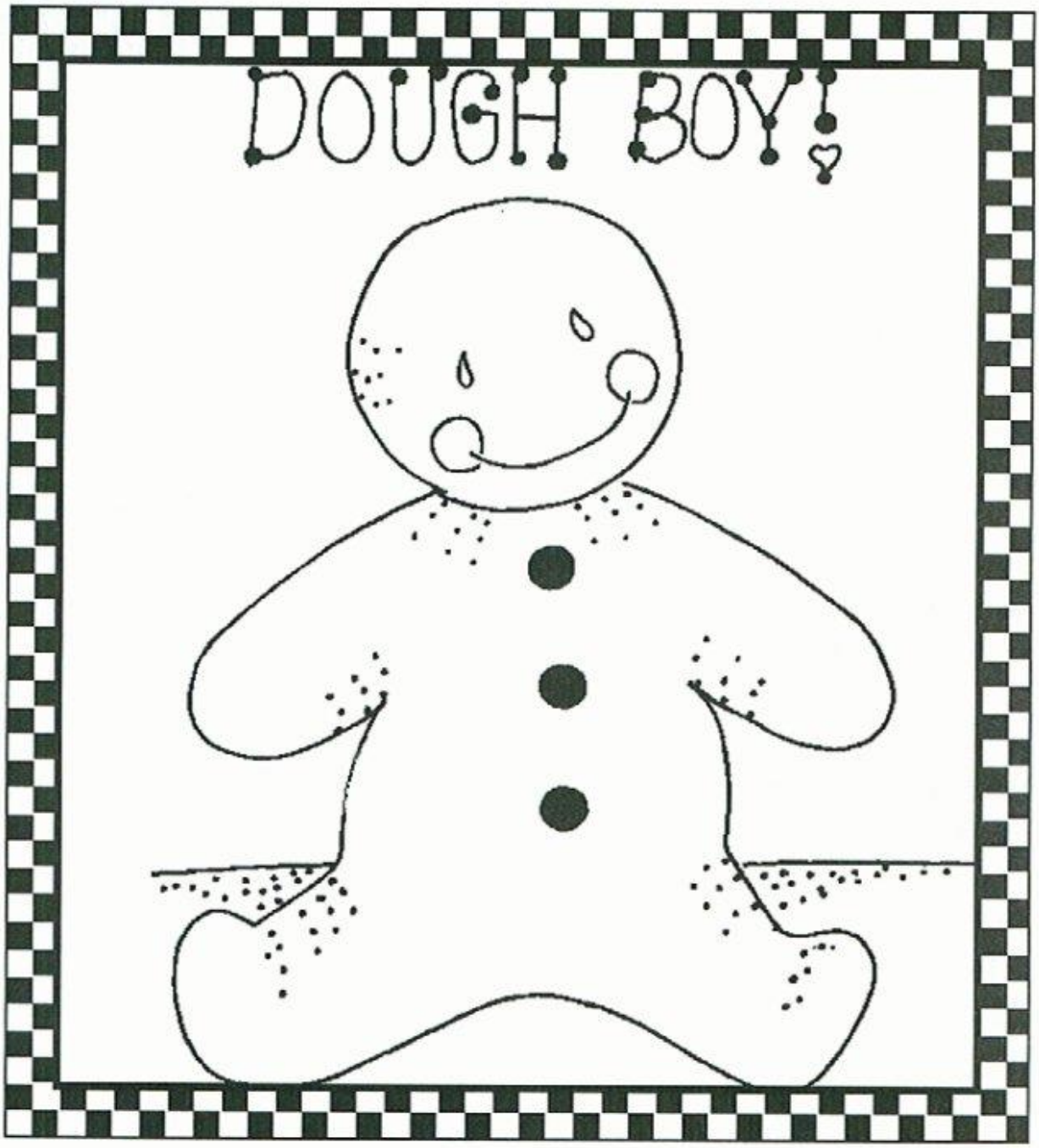
7. Punch the bread down and divide it into two pieces. Roll each piece into a 9 inch by 14 inch rectangle (or there about).

8. Spread half of the filling on each rectangle. Roll up and seal the edges by pinching the dough together.

9. With a sharp knife, cut to make individual rolls about 1 inch thick. Place on cookie sheets. Cover with a towel and let rise so doubled, which is about 30 minutes.

9. Bake at 350 degrees for 20-30 minutes. Cool when done. You can drizzle with honey or frosting. Serve.

TASK: Practice making these again but omit the apples. Which do you like better?



"Feed me with food convenient for me..."
Proverbs 30:8

Baking

Week Sixteen

Let's Shape Up!

Patience loves to create! Did you know that you can create with food? One of the best things to create with, as we learned in last week's lesson, is dough!

Have you ever had fresh baked pretzels? Not the kind that you buy in the box or plastic bags that breaks off and are hard and crunchy. I'm talking about the soft pretzels that literally melt in your mouth. The kind of pretzels that you can dip in a cheese or marinara sauce!

If you have never been fortunate enough to have freshly baked pretzels, then you are in for a tasty surprise. You will probably want to bake these all the time after you have mastered the fun art of pretzel making!

Pretzel making brings out the creativity which God placed in each of us. Not only can you make the traditional pretzel shape, but you can make hundreds of different shapes for any type of celebration you enjoy!

Pretzels Patience-Style

Ingredients:
7 cups of all-purpose flour
1/4 cup brown sugar
1 tablespoon salt
2 teaspoons of yeast, dissolved in 2 cups of warm water

Beaten Egg Solution:
2 teaspoons of baking soda dissolved in 2 cups of very warm water
2 tablespoons sugar
2 eggs, beaten with 2 tablespoons water

(Preheat oven to 400 degrees)

1. In a large mixing bowl, mix together the yeast water, brown sugar and salt.

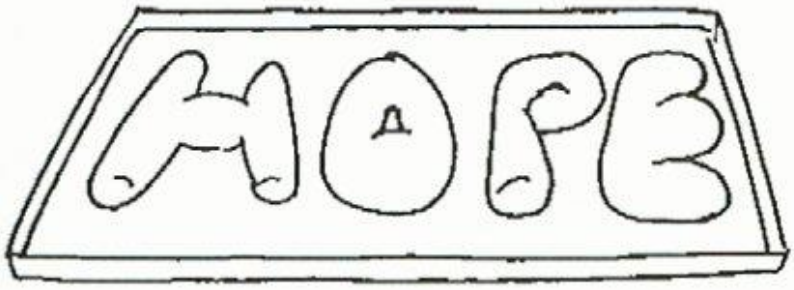
2. Add the flour and pound and knead on flat, clean surface until the dough is elastic. (If your dough is sticky, try just a little more flour.)

3. Place in greased bowl, cover with a towel and let rise in a warm place (on top of refrigerator) until doubled.

4. Punch down. Divide your dough into 12 equal pieces and make very thin ropes about the size of a marker.

Baking

5. Now comes the fun part, you can make these into any shape you like. On a greased cookie sheet, try the traditional pretzel look, or if it is for a birthday, make the name of the person with each pretzel spelling their name!



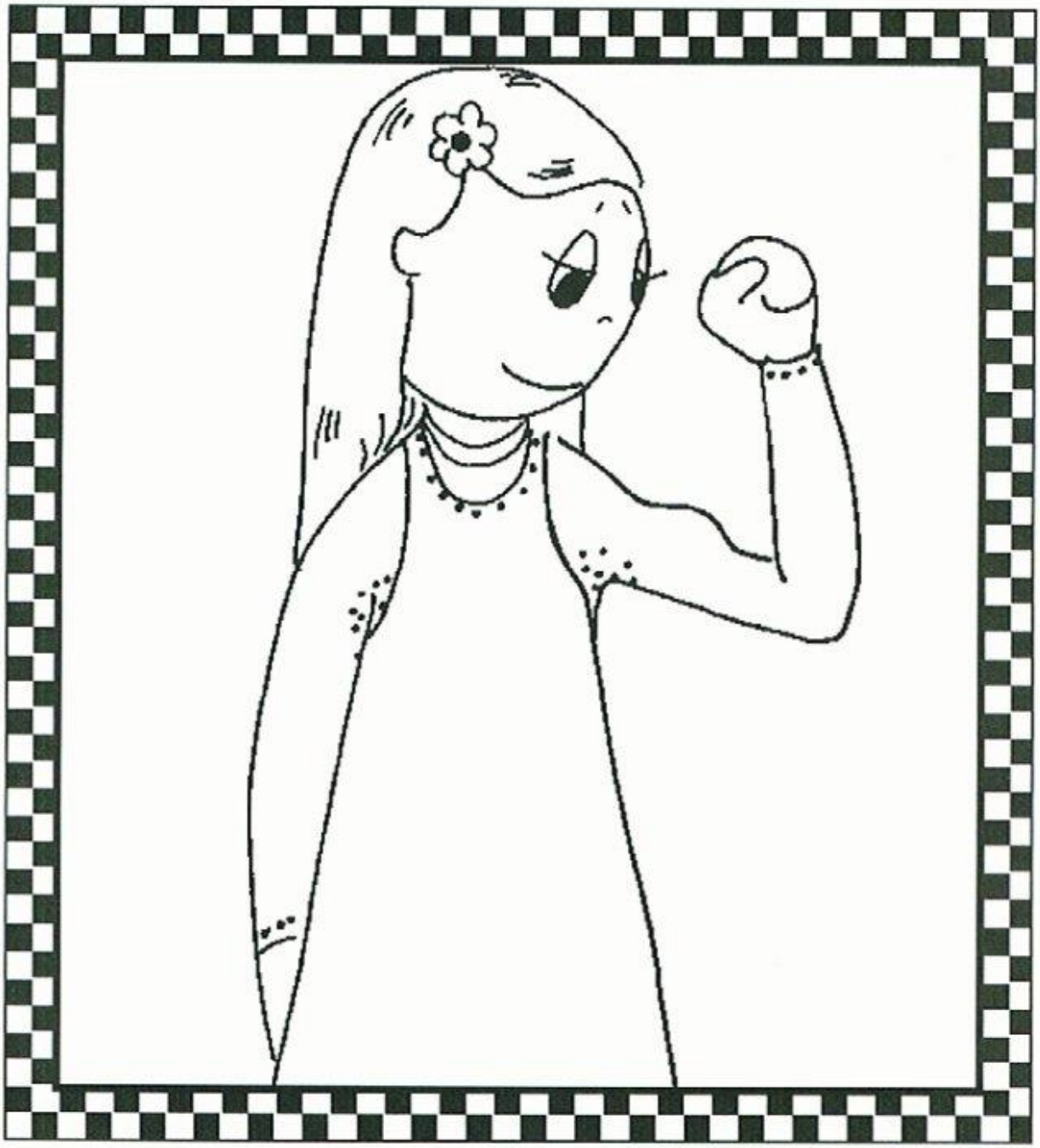
6. Once the designs have been made, place a towel over the top and let double in size.

7. Next, take a cooking brush, and brush the tops of each pretzel with the beaten egg solution.

8. You choose your topping. You can either sprinkle your pretzels with salt, cinnamon & sugar, grated cheese or seeds (poppy or sesame).

9. Bake for 15 minutes and they are ready to eat!

TASK: After making these successfully one time, make the dough again, only double it. Freeze half of the dough, after it rises once, for later.



"Give us this day, our daily bread."
Matthew 6:11

Baking

Week Seventeen

Making Energy Bars

Patience sometimes is on the run with her mother and family. They do many things in their home school. Sometimes, they get so busy that they almost forget to eat.

Mother used to quickly stop by a fast food place, and found that not only was this costly, but she knew that it wasn't the best thing for their bodies.

One day, Patience found a great recipe that would solve their on-the-go problems once and for all! She found an energy bar recipe and once these delicious items were made, they simply placed them in a baggy, put them in the car, and they could eat them whenever they felt hungry!

Have you ever gone without eating for a long period of time? Sometimes when we don't eat, we get a bit shaky and maybe even very grumpy! This means that our fuel tank is empty and we better fill it up once again. Take care of your body. Your future family will thank you!

Delicious Energy Bars

(For when you are on the go)

Ingredients:

2 tablespoons yeast dissolved in 1/2 cup warm water

1 cup Grape-nut cereal

1 cup quick, rolled oats

1 1/4 cup ground (in a blender) mixed nuts & seeds (such as sunflowers, poppy, pecans, walnuts, almonds)

2 3/4 cup water

1 cup whole wheat flour

2 teaspoons salt

1/2 cup molasses or honey

1/4 cup olive oil

1 cup rye flour

5 cups all-purpose flour

1. Cook the oats in the water and bring to a boil, wait until just warm.

2. In mixing bowl, mix together salt, molasses or honey, oil, and oats. Add yeast water.

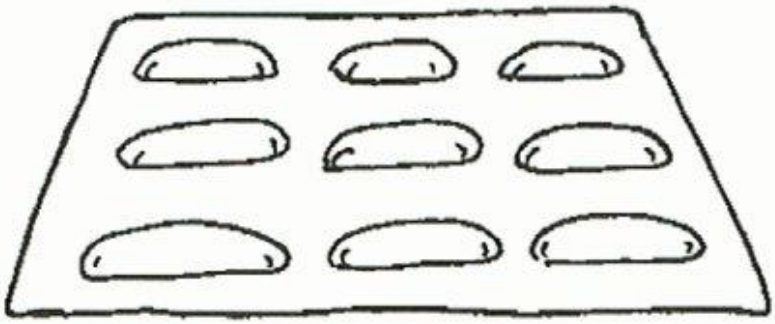
3. Stir in the Grape-nuts, whole wheat flour and rye flour, then add the nut mixture.

4. Start kneading in the rest of the all-purpose flour. Knead and pound until elastic.

5. Place in a greased bowl, cover with a towel and let rise until double, about an hour.

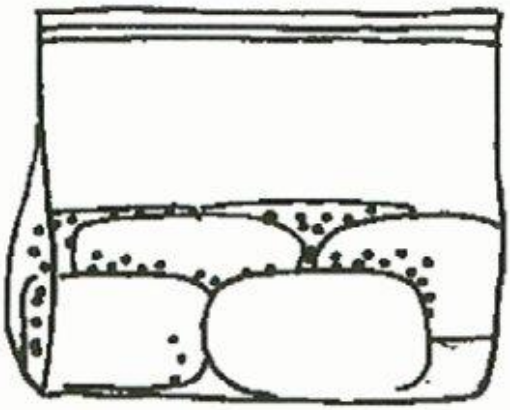
Baking

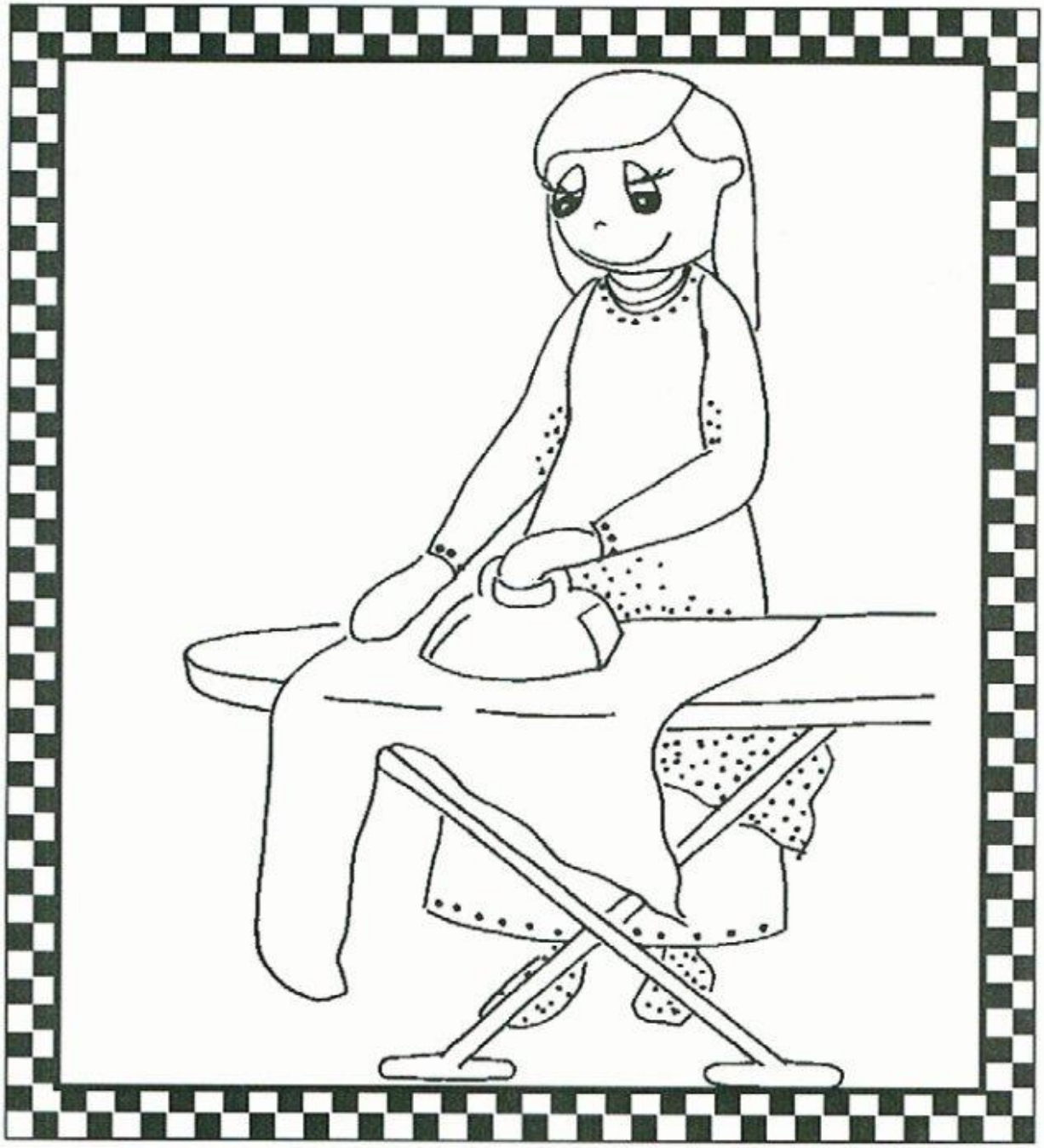
6. When doubled, punch down and get two cookie sheets ready by greasing them. Separate dough into pieces the size of a man's wallet, about 2 inches by 4 inches. Form into nice even rectangles on the cookie sheet.



7. Cover with a towel and let rise double their size. Bake at 375 degrees for 15-20 minutes until the crust is golden brown.

8. Store in plastic bags and get ready for your busy schedule!





"He fashions their hearts individually; He considers all their works."
Psalm 33:15

Ironing

Week Eighteen

How to Iron a Shirt

Patience has a tool which many of you are going to become quite familiar with over the years. Yes, it is an iron!

Even though much of our clothing today is made out of polyester and other fabrics that do not require ironing, many of us still prefer cotton. Cotton breathes and is so comfortable in summer. The only drawback is that you are required to iron most cotton items.

When you start to iron there are certain things you must do first:

1) Look at the label of the clothing to see what type of fabric they are made out of.

2) Set your iron to the temperature of that specific fabric (your iron should have a list which tells you.)

3) If you do not know what temperature, always iron on low first and then go up until it does the job.

4) If your clothes are dry, dampen them by spraying with water.

5) Always smooth your fabric before ironing so you do not iron in any creases.

Ironing a shirt:

1) First iron the collar on both sides.

2) Iron the button areas on each side of the shirt, both front and back side.

3) Iron the back yoke.

4) Iron the sleeves next, then cuffs.

5) Iron the body of the shirt last making sure to not iron in any creases.

6) Hang on a hanger and button the top button.

Ironing blouses:

1) Follow the same instructions as above, but be careful not to get your iron too hot.

Ironing a skirt:

1) Iron the seams of your skirt, first on the inside of the skirt, so that the seams lie open.

2) Next, iron the main part of the skirt.

3) Iron the waistband of the skirt.

4) Pay special attention to ironing the hem.

5) Hang on a skirt hanger when completed.

Ironing a dress:

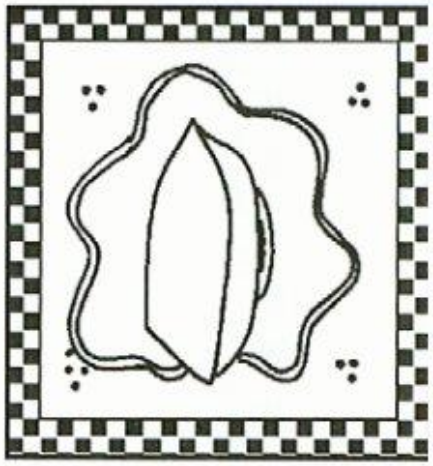
1) Iron the blouse part of the dress first.

2) Follow the shirt instructions.

Ironing

3) Next, iron the portion of the dress as you would a skirt.

4) Hang on a hanger.



Ironing trousers:

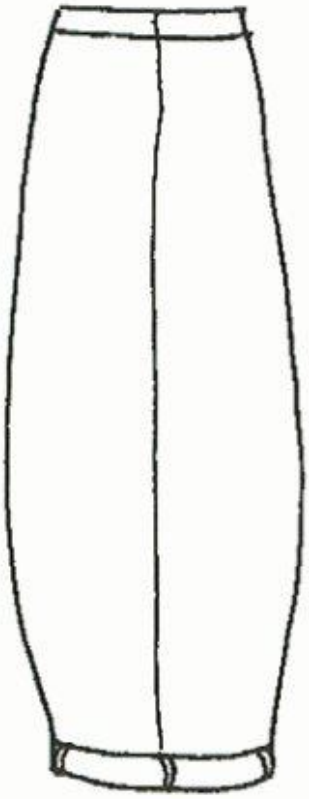
1) From the bottom of the trousers, match the seams so that they are in the middle. Iron so that these seams are in the middle all the way up to the top.

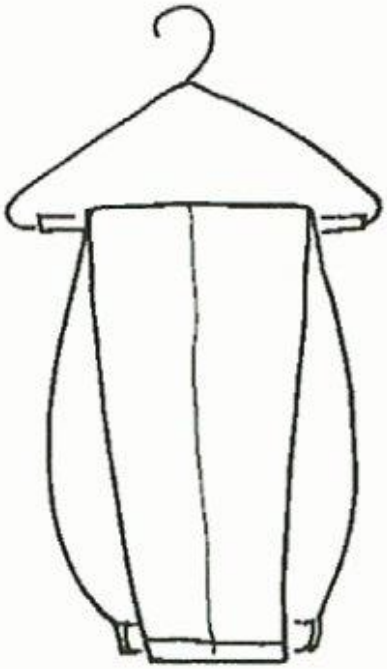
2) Repeat on the opposite side of the pant leg.

3. Do the top of the pants next, being careful when ironing the pocket areas.

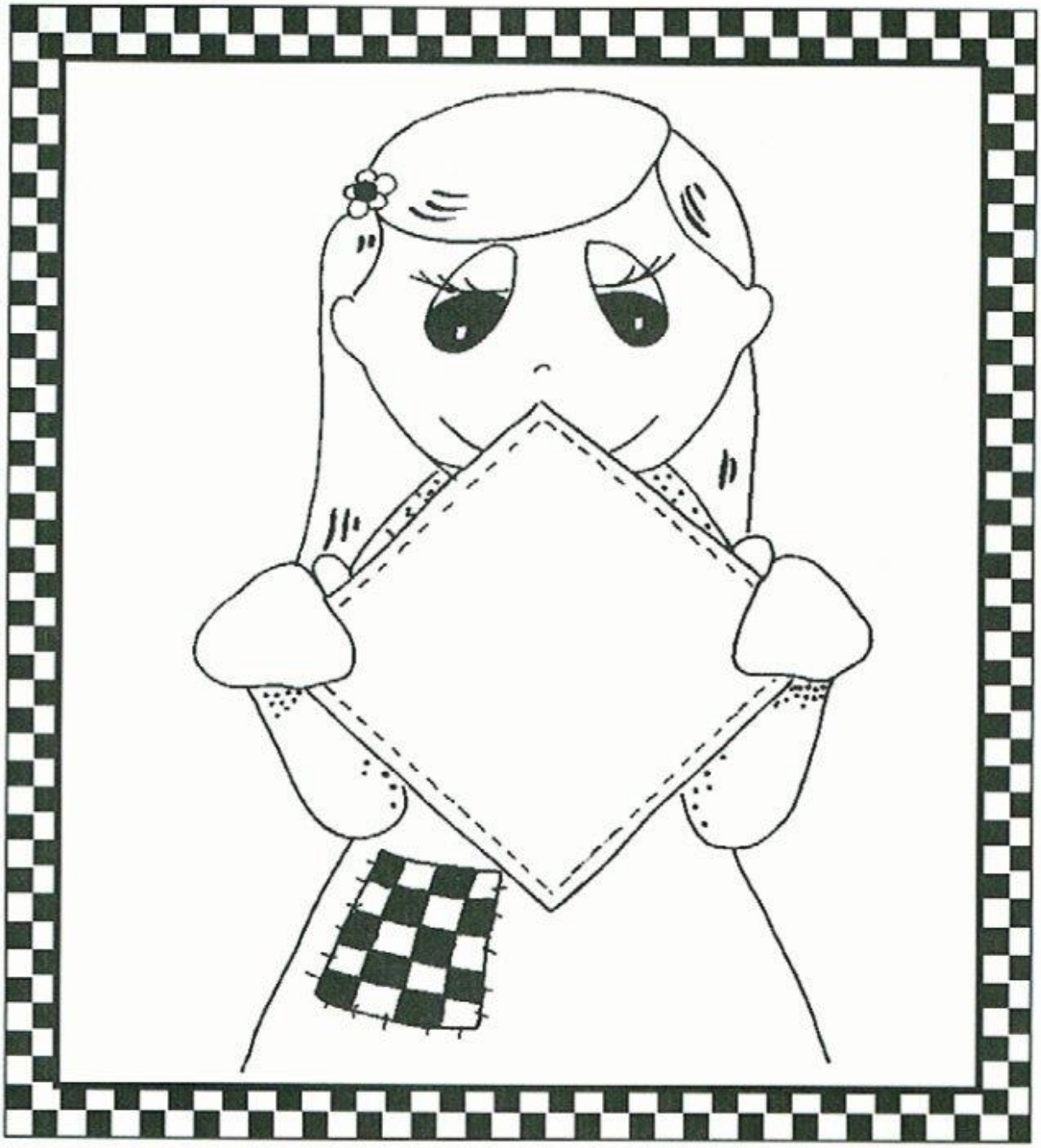
4. Iron the waistband area last.

5. Hang on pant hangers.





TASK: This week iron one of each of the items mentioned. Have mother check your work.



"And let the beauty of the Lord our God be upon us; and establish thou the work of our hands upon us; yea, the work of our hands establish thou it."
Psalms 90:17

Sewing

Week Nineteen

Perfect Edges

Patience has been practicing something very important.... Sewing straight!

This has been a particularly difficult task to achieve with her sewing machine. Sometimes she can sew very straight for a small portion of the time, but then goes out of the line and has to use her best friend, the seam ripper, once again.

Her mother has given her some reasons why she might be having a difficult time sewing straight:

1) Sewing too fast.
2) Sewing without pinning the edges .
3) Too much space between pins.
4) Not guiding with a hand in front of the machine foot and one behind the foot on the fabric.

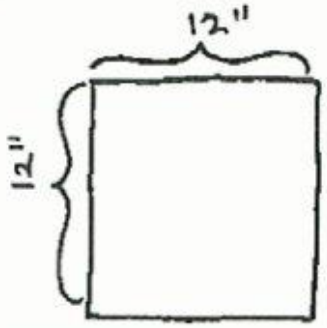
Patience's mother was in the house one day when she heard something that sounded a bit like a chain saw going off in the dining room. Wondering what this was, she went in to discover Patience sewing with her foot pressing the pedal all the way to the floor. Needless to say, Patience was redoing her work with her seam ripper the rest of the afternoon!

If you are having a difficult time sewing straight, practice on scraps for a while before you start your project. Fold the fabric in half and practice sewing 1/4 inch in along the edge. Use your guides on your machine to help you. Don't sew too fast!

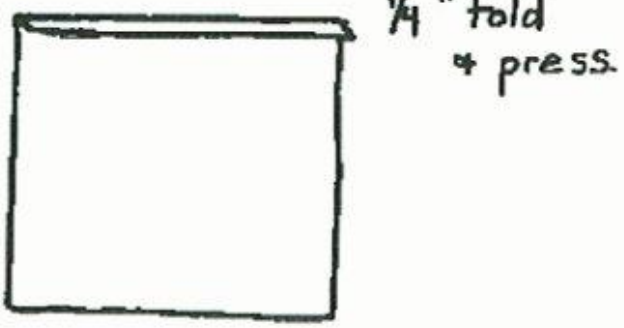
Sewing Hair Scarves

Equipment:
Sewing machine
1/2 yard of fabric
Thread to match fabric
Scissors
Measuring tape
Pins
Seam measurer
Iron & ironing board

1. Measure your fabric so it is a perfect square, 12" x 12". Cut.

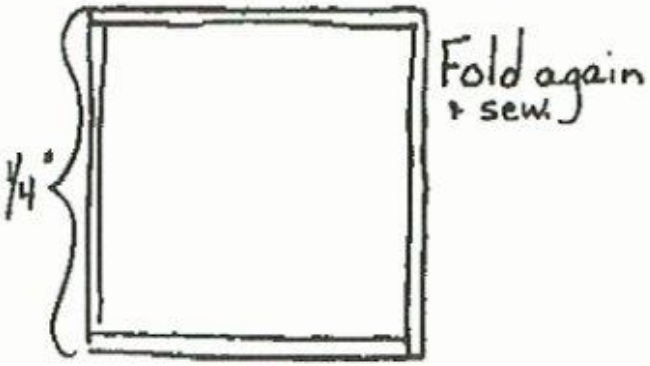


2. With your seam measurer to measure, fold the material (on the wrong side) in 1/4 of an inch all the way around. Press with steam iron.



Sewing

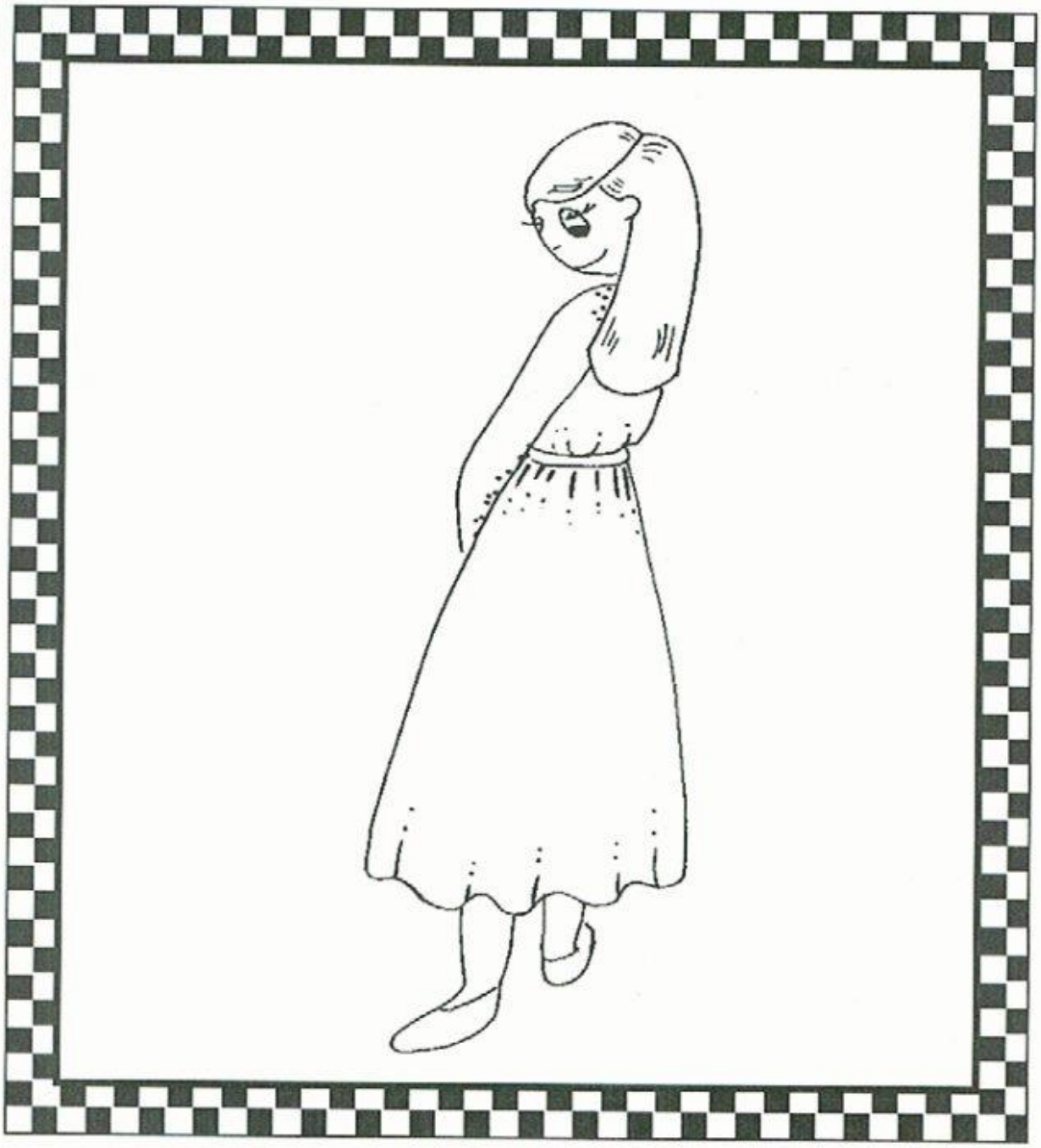
3. Repeat step #2 once again. This will give you a finished edge without having to sew twice. Pin all around and get ready to sew.



4. Sew all around the outside edges with perfect, straight lines. Remember to sew slowly, guiding the material with a hand in front and back of the machine foot. Use the guide lines on your machine.

5. Press. Fold into a triangle and get ready to wear your new scarf!

TASK: Practice making one more scarf this week. Bless someone, like your mother or a friend, and make them one out of fabric in their favorite color!



"For we are His workmanship, created in Christ Jesus for good works, which God preprared beforehand that we should walk in them."
Ephesians 2:10

Sewing

Week Twenty

Your Very First Skirt!

It's time to pick the fabric and to follow the directions on the next page so you can make your very own skirt.

First things first, though... When choosing your material, you must be careful of the following things:

1) Choose fabric which will be easy to sew. For example, medium-weight or firm fabric sews wonderfully, as it will not slip when you sew and it will press nicely.

2) Remember to look at the information at the end of a bolt (the bolt end). There are some instructions on the next page which will help you with more information regarding this great help.

3) Always wash your fabric and notions that are made out of fabric, such as seam binding or elastic. Some fabrics shrink a bit and rather than have a piece of clothing become too small after you wash it, simply wash and iron the fabric first.

THE BOLT END

When you are choosing your fabric for each project, start reading the bolt end.

Fabric Type: This will tell you the contents of your fabric, such as 100% cotton, 50% cotton and 50% polyester

Pre-shrinkage Information: Some materials have been treated (Sanforized) so that they will not shrink. They tell you if the material has been treated on the bolt end.

Fabric Care: On the bolt end you will see triangles with a number in it. Each number is a symbol telling how the fabric should be cared for. Look on the opposite page for the details and listing.

A Simple Feminine Skirt

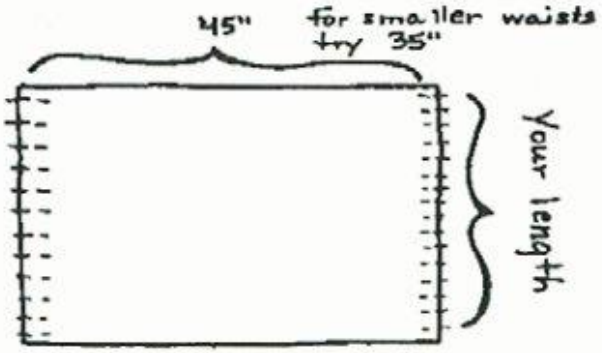
Materials Needed:

~Fabric - 45" wide, medium-weight fabric
~1" wide of elastic (For length, measure around your waist and then add one inch)
~Matching thread

To find amount of fabric you will need, use the following formula:

1) Measure from your waist to knee. ____
2) Add 7" for the folds of waist & hem +____
3) Add length plus 7 =____
4) Multiply this length by 2 x____
5) Get your total in inches =____
6) Divide by 12 to find feet =____

1. Wash and iron your fabric.
2. Fold fabric together, right sides together.
3. Cut evenly along the fold.
4. Place right sides together, and pin. (Your material should be the total in inches from above.) Sew each side.



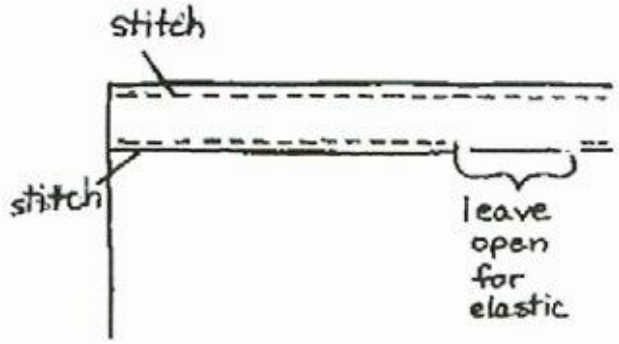
5. Always press your seams open.

6. From the top, fold the edge 1/4" down. Pin and press.

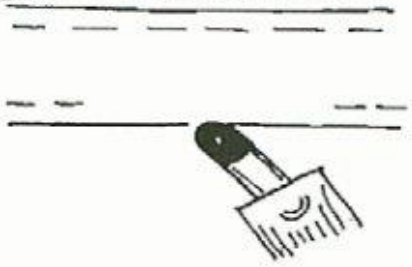
7. Next, with this same edge still folded under, fold again, this time 1 1/2" from the top of the skirt.

8. Sewing 1/8" from the top of the fold, go all away around the skirt.

9. Next, stitch around the bottom edge of the fold, starting at a seam edge. Leave a 1 inch space at the end.



10. Now you are ready for the elastic. Simply measure it around your waist and add one inch. Run the elastic through the waistband with a large safety pin. When you get the end, firmly place both ends together and sew close.



11. For the hem, fold in 1/4 inch and press around the bottom.

12. Fold again and pin 2 1/2 inches in. Sew around the top of hem. You are finished!!!

Sewing

BOLT SYMBOLS

Machine wash warm.

Machine wash warm, line dry.

Machine wash warm, tumble dry, remove immediately.

Machine wash warm, delicate cycle, tumble dry low, use cool iron.

Machine wash warm, do not dry clean.

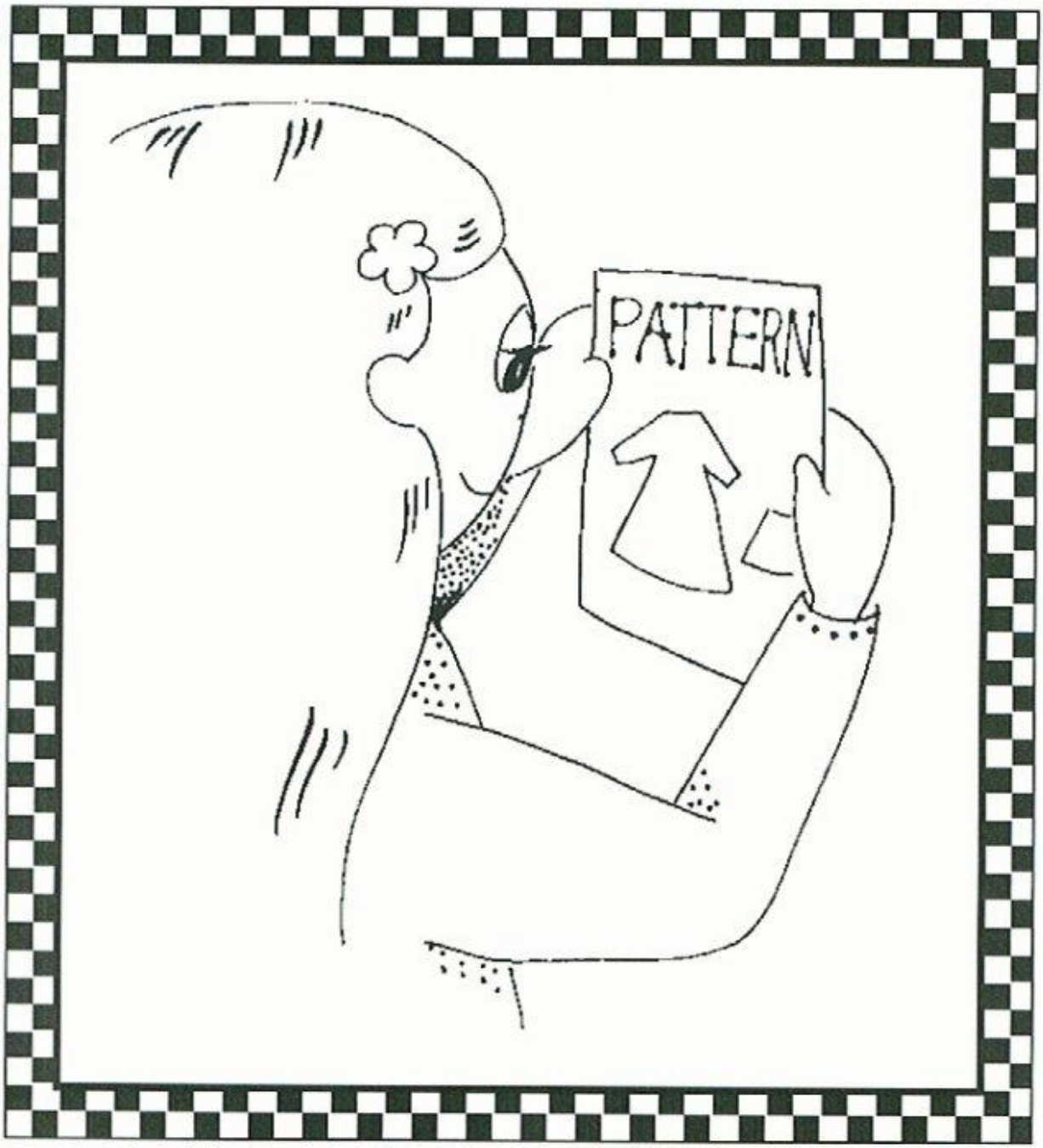
Hand wash separately.

Dry clean only.

Dry clean pile fabric method only.

Wipe with damp cloth only.

Hand wash, dry flat.



"A man will be satisfied with good by the fruit of his mouth, and the recompense of a man's hands will be rendered to him."
Proverbs 12:13-15

Sewing

Week Twenty-One

How to Read Your First Purchased Pattern

Patience has finally been able to choose her very first pattern. As she was growing up, she was able to sit and look at the pattern books with her mother, but she never was able to follow one and actually sew by herself. But this has now changed! She is learning to follow her own pattern which she has chosen herself.

Following a pattern isn't difficult. The only thing is you must be persistent to follow all the instructions given, not missing any part.

Patterns have symbols all of their own, and this is what we are going to work on this week.

In order to complete this lesson, you must choose your very own pattern and then we'll learn how to read it.

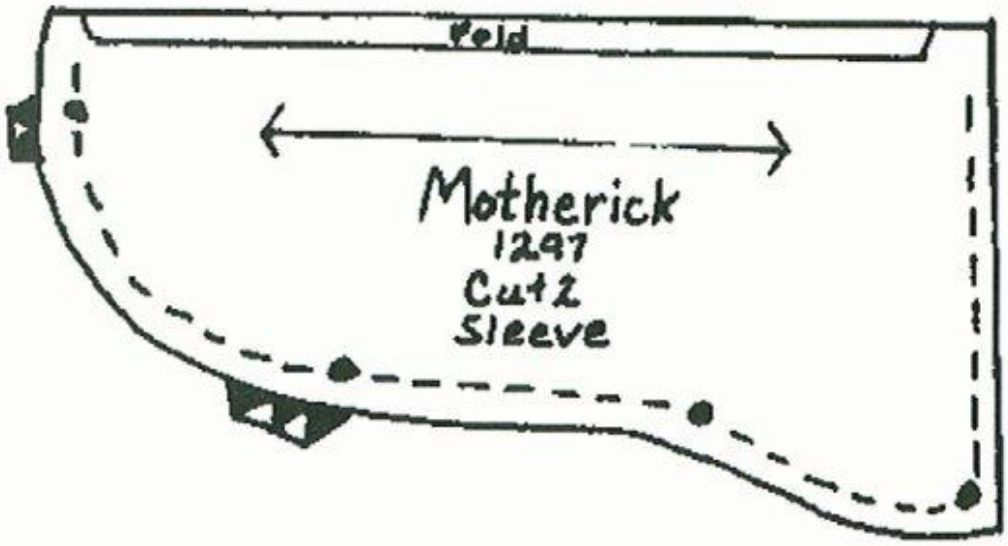
Choose a pattern that has "Very Easy" on the top. Start with a skirt or a pullover T-shirt pattern. You will begin working on more difficult projects after you have mastered this!

This week, plan on taking a trip to your favorite fabric store. Purchase an easy-to-sew pattern. Before going, have mother help you take your measurements and make sure to write those down. Once there, choose a pattern in your size.
Next, look on the back for how much fabric you will need. It tells you this right under the size. Make sure to get all the notions you will need. (Read under notions.)

Reading Your Pattern:

Your pattern should have the following markings:

(This is a sleeve.)

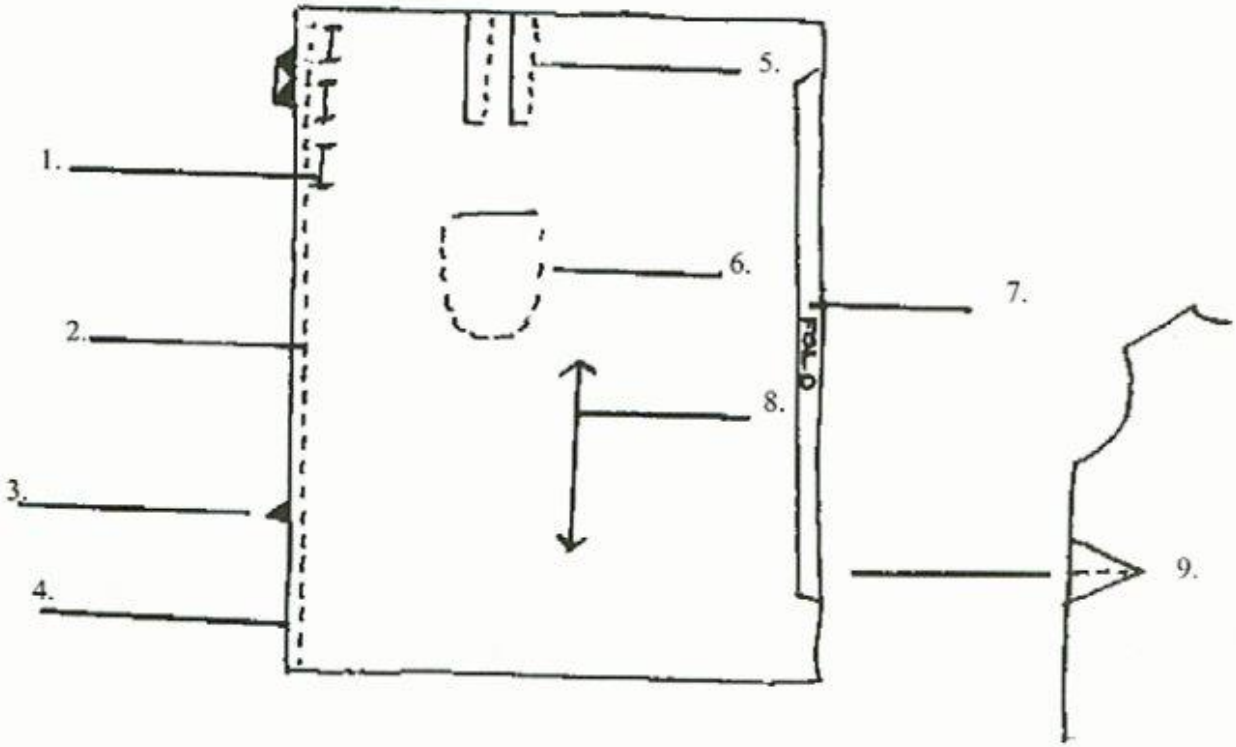


1. Pattern identity.
2. The name of the piece & it's label
3. How many to cut.
4. Arrows which show which way to place your pattern. (On the grain, or the lines of your fabric going the same way.)
5. Seam width or allowance.
6. Where to cut.
7. Dots for matching seams.
8. Single, double and triple notches for matching. You always cut these out perfectly.

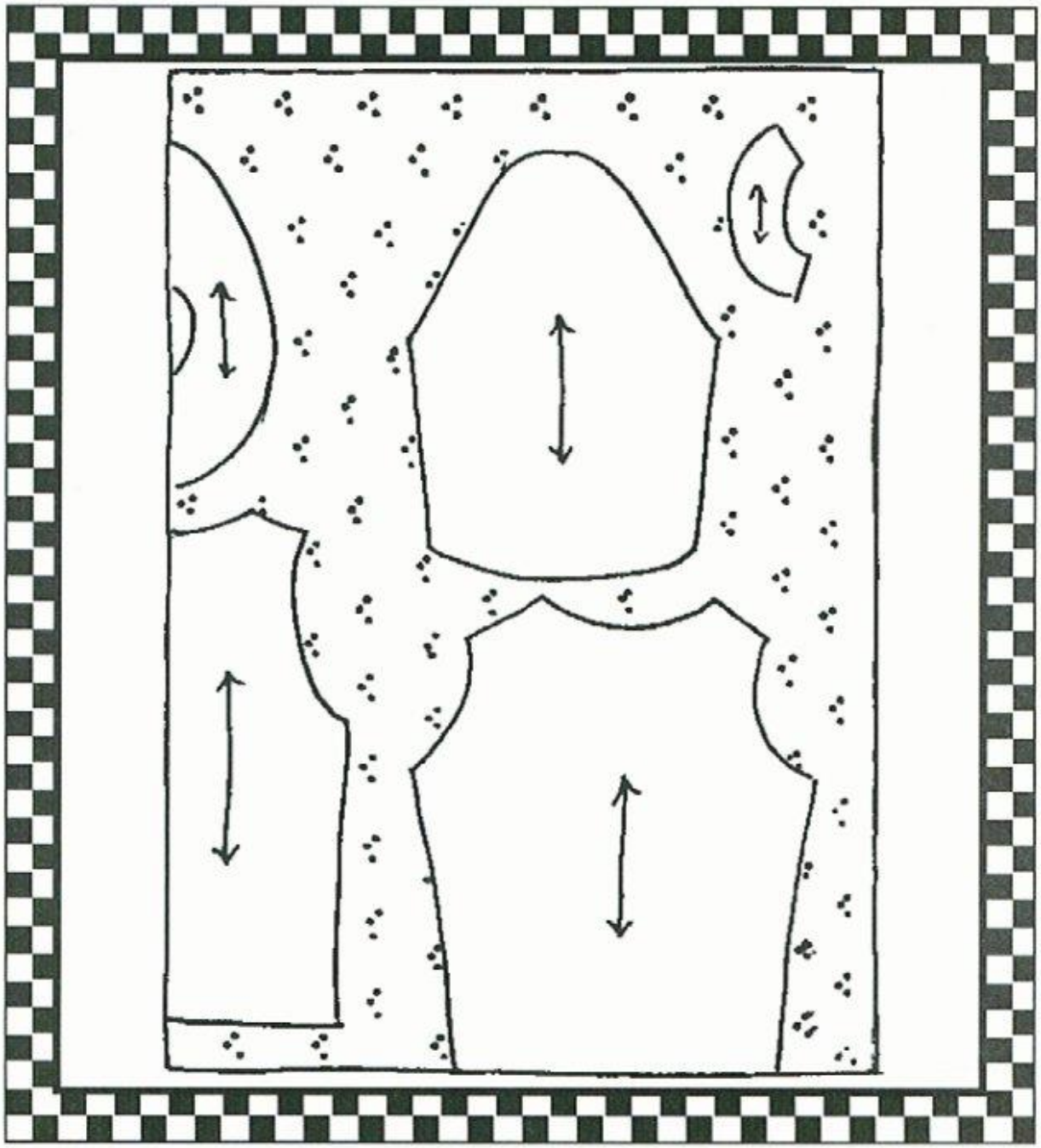
Sewing

Using the following, place the correct label in the right place on the pattern symbols.

- Darts
- Arrows
- Seam lines
- Notches for matching the pieces when sewing.
- Buttonholes
- Fold lines
- Cutting lines
- Lines for pleats & tucks
- Lines for placing a pocket



TASK: Take your own pattern out of its package and lay it out on the floor. Using the material which you have learned above, familiarize yourself with your new pattern.



"The fear of the Lord is the beginning of knowledge,
but fools despise wisdom and instruction."
Proverbs 1:6

Sewing

Week Twenty-Two

How to Lay Out Your Pattern

Patience has learned how to read her pattern and is now ready to learn how to lay the pattern out on the material. Here are some of the tips that she has learned:

Make sure that you first wash and iron your fabric, the interfacing, lining and notions. Then you are more than ready to begin.

What to do first:

First, take out your pattern instructions and look at the layout design they have made for you. Be careful to note whether you have purchased material that is 45" wide on the bolt or if it is some other width. The instructions will have a layout for two different sizes.

Second, find out: 1) Which pattern pieces do you use? 2) Is it cut on a single or double thickness? 3) How is the fabric folded?

Third, circle the layout which will fit your size and fabric width.

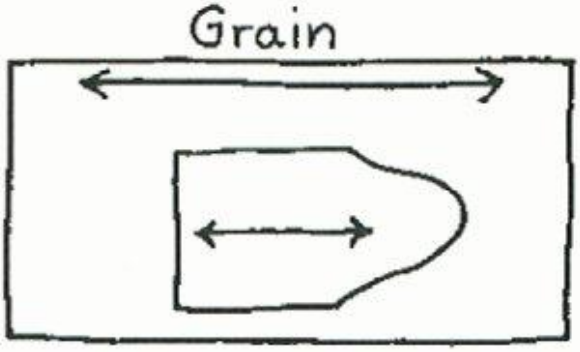
WHAT IS A SELVAGE?

The selvage is the raw end of the material that has been finished in the factory.

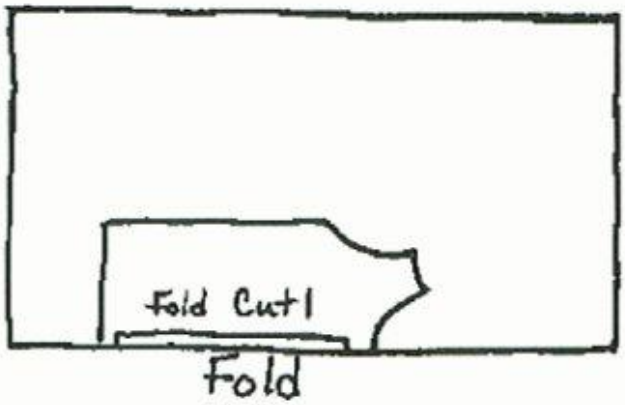
Ready to lay out?

1) After you have checked which pattern pieces you need, lightly iron them with a low setting on your steam iron.

2) Look at your directions and figure out which way you need to lay your fabric. If it is on the grain, it is usually as shown:



3) After you place the pieces on the fabric, pin them in place. If you have a piece that calls for being placed on a fold, look carefully and pin them exactly as your example tells you to. Make sure that you only need one.



4) After all your pieces are laid out properly, you are ready to cut!

Cutting the Pattern:

Sewing

1) Make sure that you use scissors that have only been used for cutting fabric.

2) Cut only on a flat surface, such as a table or counter top. There are also cutting squares which you can purchase at the fabric store.

3) Cut only on the cutting line which is given on the pattern.

4) Make long, even cuts.

5) Make sure that you hold the pattern down when you are cutting, otherwise there is the danger of the material puckering up.

6) Make sure to cut out the single, double or triple notches.

7) Once the pieces are cut out, make sure to mark the pattern symbols on your fabric pieces with white chalk or a tracing wheel and paper. You can even use a fabric marker, as the ink washes out.

8) YOU CAN DO IT! Following your pattern instructions, finish your sewing project.

"Now a certain woman named Lydia heard us. She was a seller of purple from the city of Thyatira, who worshiped God. The Lord opened her heart to heed the things spoken by Paul."
Acts 16:14

Sewing

Week Twenty-Three

Sewing Safety

99% of all cuts, pokes, sticks, and other mistakes come from not being careful. When you know that you have dropped something, don't wait until later to pick it up. Probability shows that later never happens as our poor minds forget! Do it now...

Patience is becoming very good at following pattern directions and sewing. With practice you will too!

This week we are going to have an overview of sewing safety. Have you ever heard of sewing horror stories where someone actually sewed through their finger, or where they stepped on a needle so deep that they couldn't get it out on their own and had to have a doctor's help? Unfortunately, these things do happen, but if you are careful, prayerfully, they won't happen to you!

Items that you must be careful using:

~ The sewing machine
~ Pins, safety and straight
~ Scissors
~ Seam rippers
~ Iron
~ Needles

Great needle keepers?

Have you tried an M & M bottle? They now sell miniature M & M's in little plastic bottles. Once the candy is gone, save the bottles to store your needles. It works wonderfully!

The sewing machine: Have a place where you can sew safely and where younger brothers or sisters cannot come in and interrupt. Make sure that they understand that the sewing machine is not a toy. Be careful to keep your fingers away from the needle. Also, keep at a steady, medium speed when sewing so that you do not lose control of the machine.

Pins, safety and straight: DO NOT PUT PINS IN YOUR MOUTH! There have been many seamstresses who have stuck a pin in their mouth for a moment and have accidentally swallowed it. This has also happened to young children and pets. The only way to remove them is surgically. Another potential danger is when you drop a pin and do not pick it up. Eventually you will find it, but it will probably be found in someone's foot. There have been cases where the needle has gone all the way in the foot and had to be removed surgically. Do not let these things deter you from sewing. Simply BE CAREFUL. Keep your pincushion nearby when sewing.

Scissors: You don't have to be told that scissors are sharp. If you do not have a case to store them in, make sure that they are kept deeply in your sewing kit.

Seam ripper: (A good seamstress calls this her best friend.☺) This is a wonderful tool that

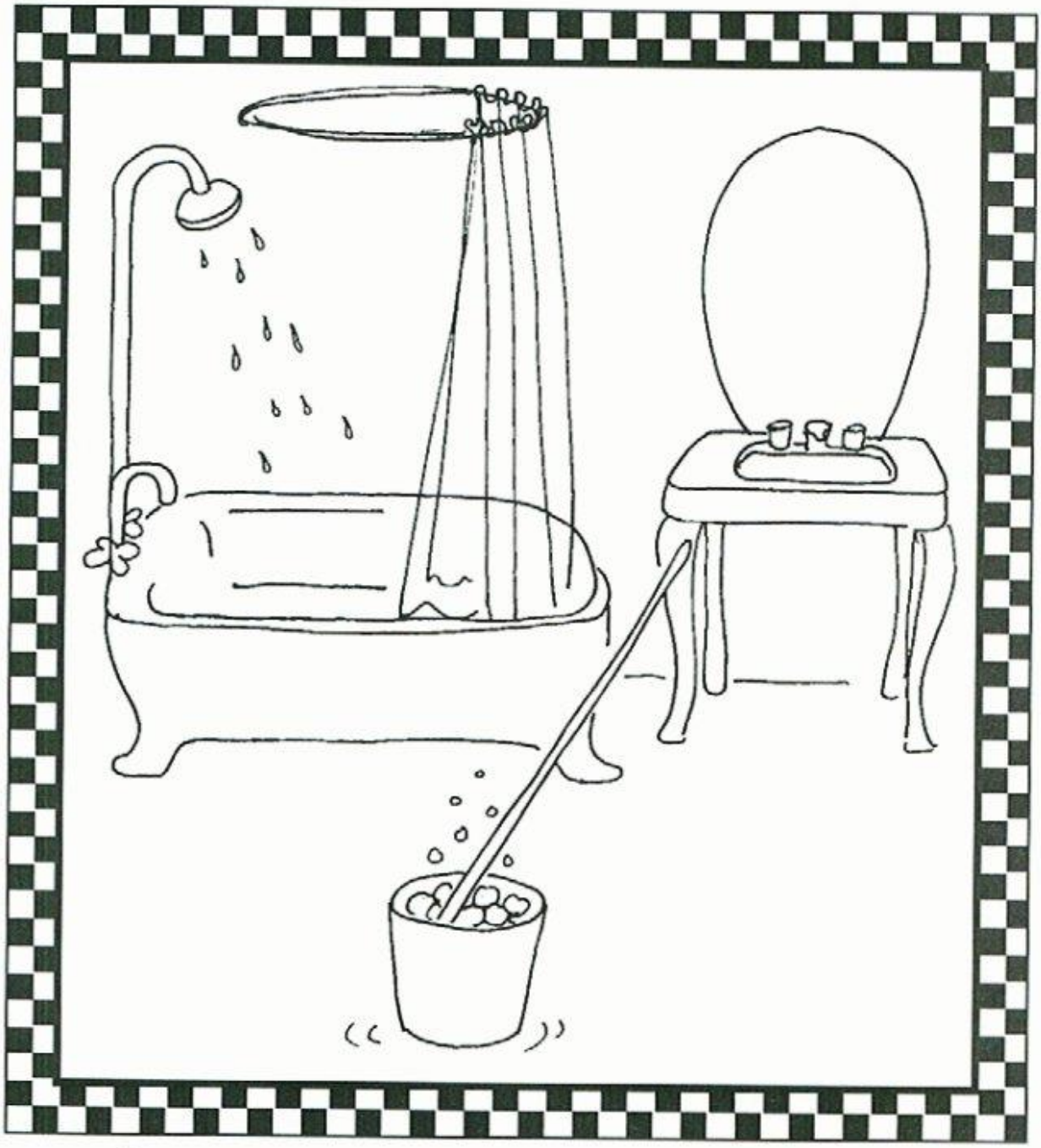
helps you correct sewing errors. Remember that it is sharp and very pointed. Not only can you cut your material, but you can also cut yourself. Have the seam ripper pointing away from you, and not near to your eyes.

Needles: As we discussed under pins, needles are very strong and very sharp. There have been many sad daddies, who with their large feet, have found their daughter's lost needles. Keep your needles in their storage place so everyone will be safe when you sew.

TASK: Checklist your sewing safety.

- ☐ A private place to sew?
- ☐ Are you sewing at a medium pace?
- ☐ Pins kept in a pincushion or box?
- ☐ Needles kept in their storage space?
- ☐ Do your scissors have a case?
- ☐ Are you ripping correctly? Is it stored properly?

If there are any above that you cannot check, please ask your mother to help you fix the problem so that your sewing area will be safe for everyone in your family.



"Create in me a clean heart, O God, and renew
a steadfast spirit within me."
Psalm 51:10

Cleaning

Week Twenty-Four

How To Clean a Bathroom

Patience used to not like going into her bathroom. She shared it with her brothers and sisters and sometimes it was not a very nice sight nor smell! With mother's help, she learned to make her bathroom a more pleasant place to be.

Bathrooms are something that everyone uses many times a day, and the more people you have in the family the more it is used, which means the more cleaning it will need.

Most bathrooms need a thorough cleansing and disinfection at least once a week, more if you have many people using the same bathroom.

Even though you may hold your nose up at the thought of cleaning the toilet and tub, it is a job that must be done, and as a future homemaker you need to learn how to do it properly.

Here is a secret, "The more you keep up with the dirt, the less work there is to do."

Always remember to clean the floor last. The reason is that as you are walking around the bathroom cleaning all the items, the floor is getting some of that dirt.

Toilet: (*Oh, you are probably eagerly wanting to tackle this task, aren't you? Remember the Scriptures which tell us to do ALL things as unto the Lord, and that includes the toilet, too!*☺) You will need: Rubber gloves, a toilet brush, a scratchy sponge (one side is sponge, the other is a scratcher), a disinfectant cleaner, and a cloth diaper to dry and buff.

1) With gloves on securely, squirt your disinfectant cleaner in the toilet bowl. As you are waiting for it to sit, take your wet sponge and squirt a dab of cleanser on this. Start scrubbing the whole surface of the toilet, beginning with the top, ending with the base. Rinse your sponge a few times while doing this. Use the scratcher side to get off the stubborn spots.

2) Next, with the toilet brush, scrub vigorously until the bowl is thoroughly cleansed.

3) With the diaper, buff the whole toilet, not forgetting the base of this item. Whew! You're finished.

Sinks & Tub: There are a number of products out that you may purchase. One of the least expensive is AJAX Cleanser with bleach. What you will need is a good cleanser, a sponge and a cleaning/buffing cloth. Buff when finished.

1) Get the tub/sink wet, let the water run out and then sprinkle the Ajax over the surface. Take your sponge and use your elbow grease to clean.

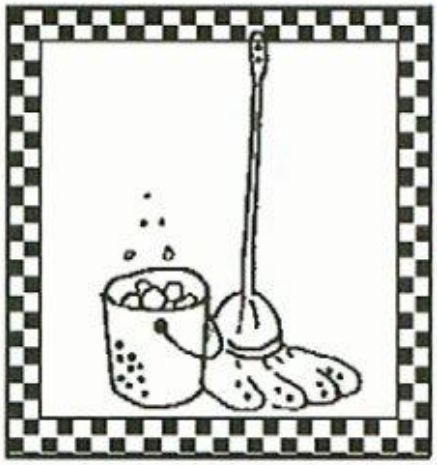
2) To polish your faucets, don't ever use Ajax as it will scratch. Use mother's favorite cleanser.

Don't forget to buff to a shine.

Cleaning

Mirrors: With mother's favorite glass cleanser, squirt on mirror and clean with a diaper cloth. Squirt again and scrub dry with newspaper. Look at that shine!

Walls: There are many products to choose from for cleaning walls. Many grannies will tell you that the best thing to use is vinegar and water. If you don't like the smell, you might try 409 or some other all purpose cleanser.



Light Fixtures: You may require your mother's help for this job. You will need a sink to place the glass light fixtures, ammonia and water, and a tightly squeezed sponge.

1) Remove the glass fixtures and put them in your ammonia/water solution in the sink (2 tbsp. ammonia to full sink of water). Clean the fixtures and lay on a towel to dry completely.

2) With the lights off, and with your sponge almost squeezed dry, get the dust off of the rest of the fixture. (You do not want to be shocked!!! You may want mother to do this part.) Replace fixtures when completely dry. Now, look at that sparkle!

The Floor: You will need a good rag to clean with, cleanser, diaper cloth and water.

1) Start at one corner of the room, and really clean the edges of the bathroom. Rinse rag often.

2) Next, thoroughly clean all the floor. Dry with a diaper cloth or let air dry.

"How can a young man (or woman?) cleanse his way? By taking heed according to Your word."
Psalms 119:9

Cleaning

Week Twenty-Five

How to Clean the Kitchen

The kitchen is where most of us will spend a good portion of our lives. When we eat three meals a day and also prepare snacks for our families in between, there are many pleasant hours spent in this cozy place.

Keeping the kitchen clean is so very important. Patience has made a list below of some of the reasons why:

1) **Health**. Did you know that some restaurants are shut down because of the condition of their kitchens? Even though your future kitchen may not be shut down, it could still be a factor in your family being sick often. Keeping it clean will also keep your family healthy.

2) **Safety**. Having a place for everything and keeping everything in its place is a must for the kitchen. One wire crossing the stove and you may have major burn out!

SQUEEGEES

If you are able to find a squeegee, they will cut down on so much of your bathroom work.

Keep a squeegee in your bathroom and before you get out of the shower squeegee the walls. This cuts down on mold and more!

For mildew problems, spray with a mild disinfectant and then squeegee off.

The Stove & Oven: What you will need - A bucket with hot water, rubber gloves, scratcher, rubber scratcher, dull knife, cloth and Ajax Cleanser. Many ovens today are self-cleaning. All you need to do is press a button and it heats to clean! If you do not have one of these, you can always do it the old-fashioned way...

Oven: 1) Remove the racks from the oven. Clean them in soapy water in the sink and dry.

2) With your gloves on, dip your sponge in the hot water and go over the inside of the oven. Now, do it again after you have saturated your sponge with Ajax. Let sit. Take scratcher and scrub the stubborn spots until they are gone. If you have really burned on crust, use a dull knife to gently remove the offending material. Be careful to not scratch the enamel.

3) With a wet cloth, wipe off all the Ajax in the oven. Close the oven door and turn it on as high as it will go. Bake for 30 minutes to burn off any remaining cleanser. When cool, wipe.

Stove top: 1) Remove all the metal objects and knobs from the burners and stove top. With a soapy, rubber sponge (do not use metal as it will scratch the enamel) clean all the surface of stove. (Ajax can help.)

2) In the sink, clean all the metal pieces until they shine. Dry and replace.

The Refrigerator: The refrigerator needs to be cleaned at least twice a month. You need to use gloves, the sink and soap, a bucket of water, baking soda, a sponge or cloth.

Cleaning

1) Remove all objects from refrigerator. Throw away anything that is out dated (check the dates on your catsup, mayo, etc.)

2) Remove all drawers and metal shelves. Clean in hot, soapy water in the sink, and let dry.

3) With your gloves and your bucket of hot water, use your sponge and baking soda to thoroughly clean all of the inside of your refrigerator. Replace drawers and shelves.

4) When cleaning the freezer portion, remove all objects and clean with warm water and baking soda. (Sometimes, it may need to be defrosted.)

Always use rubber gloves when cleaning!

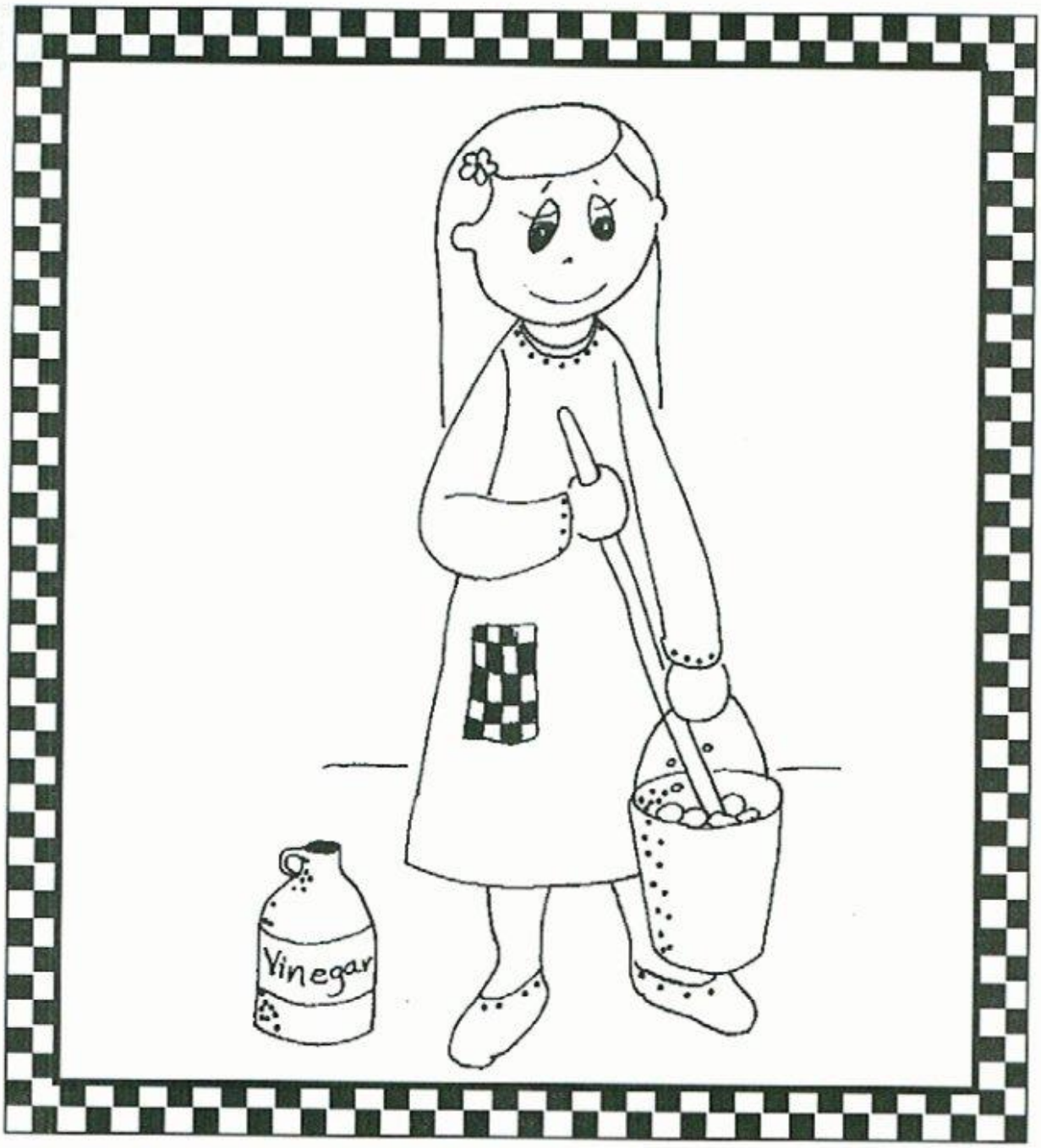
The Cupboards: The outside of your cupboards need to be cared for. If they are wood, try using Murphy's Oil Soap for cleaning.

The Counter tops: Clean with soapy water. For tough stains use the new spray Clorox formula.

The Sink: Follow the same procedure as you would for the bathroom sink. For really tough stains, again, use the spray bottle of Clorox that is now available in supermarkets.

The Floors: Always clean your floor last. In your sink pour in 1/4 cup of floor cleanser and fill the sink with warm water. Sweep the floor. With your gloves securely on, use a heavy cloth that is wrung out well and start with the edges. Clean the baseboard and go towards one side of the room to the other. Let dry completely.

TASK: Clean your kitchen this week using the above methods.



"But we command you, brethren, in the name of our Lord Jesus Christ, that you withdraw from every brother who walks disorderly."
2 Thessalonians 3:6

Cleaning

Week Twenty-Six

Homemade Cleaning Solutions

Patience has been cleaning the majority of her home and has loved seeing it sparkle and shine once she has finished. But something has happened to her hands. She forgot to wear her gloves one week and now her hands are all red and swollen with little bumps. Her mother took her to a doctor and she was diagnosed with an allergy to the harsh cleansers.

In the last few lessons regarding cleaning we have suggested using some easy and inexpensive cleansers. One thing to caution is that some of these solutions may cause irritation to those who are sensitive to different chemicals.

If you or any of your family members experience any symptoms like Patience, there are many more gentle, homemade types of cleansers which you may want to consider and which you can easily make at home.

Easy Cleansers from Household Items

Club Soda: A great stain remover for clothing and carpet. Simply pour a little on the stain, let it bubble for a moment, and wipe up. Removes grape juice stains if fresh.

Baking Soda: This natural cleanser cleans almost anything. Simply scrub with a sponge on your soiled area. For removing harsh stains such as coffee, tea, or grape juice, make a baking soda paste with water and let it sit on the stain until completely dry. Wipe up with a damp cloth.

Homemade Stain Remover: 3 tablespoons of detergent, 1/4 cup white distilled vinegar, and one quart of hot water. Work into stain and pinch up with cloth.

Homemade 409 Cleanser: 1/4 cup of ammonia, 4 tablespoons white vinegar, 4 tablespoons of baking soda, and 1/2 gallon of hot water. Place in a spray bottle and start cleaning those walls!

Cornstarch: This is a wonderful grease remover. Simply make a thick paste of the cornstarch with water and place it on the grease spot. Leave it over night to dry and then brush off with

a brush. If not completely gone, repeat process.

Cleaning

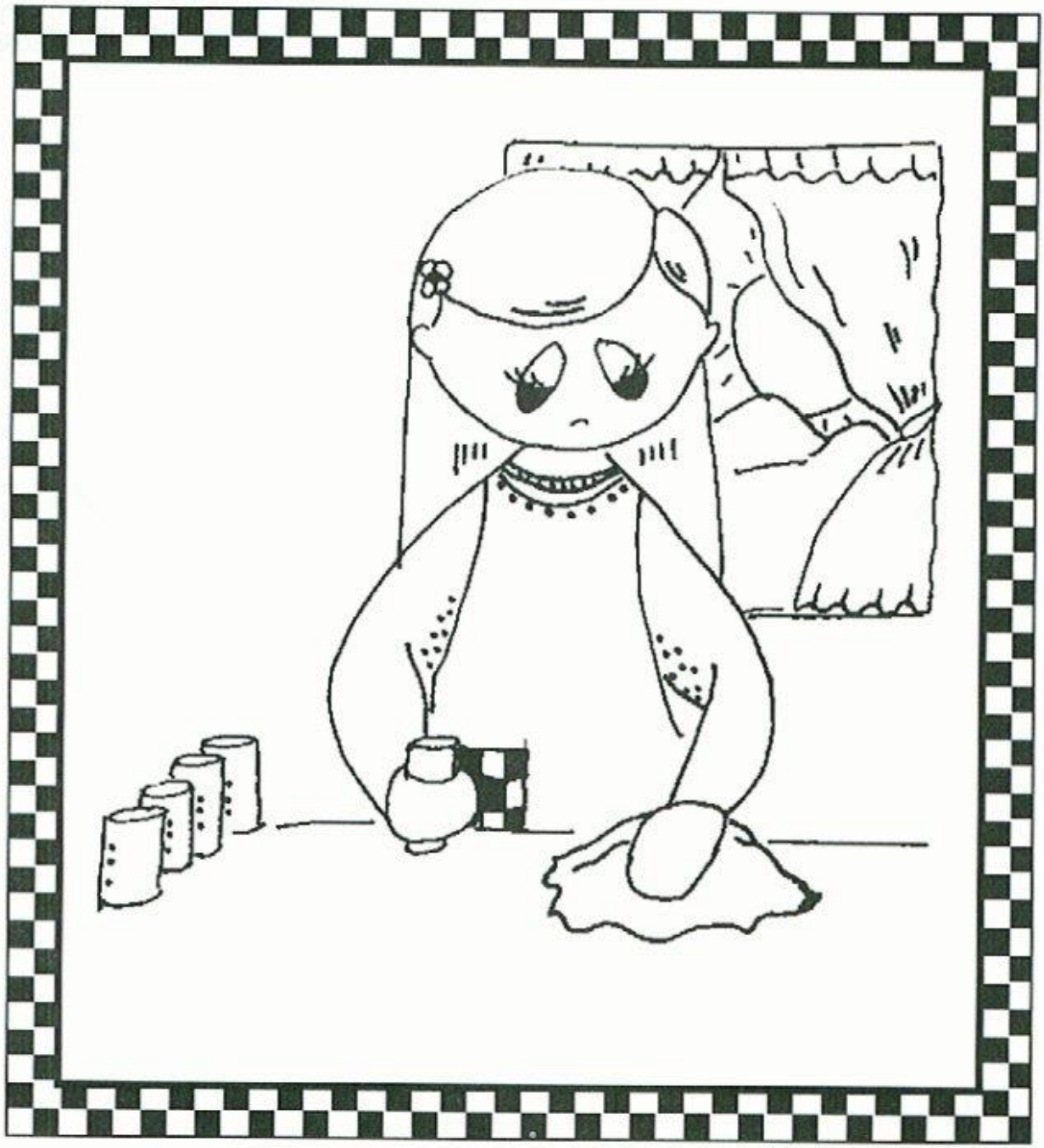
Tea anyone? Use cold tea for cleaning your cupboards. Simply take a cloth dipped in cold tea and scrub. However, it will permantly stain the cloth.

Hydrogen Peroxide: This is a great blood remover. Try catching the stain when it is fresh. Pour a bit directly on the stain. Let bubble. When it stops bubbling, wipe off. Repeat if necessary.

Vinegar: When cleaning your refrigerator, finish by wiping the surface with pure *vinegar* that has been poured onto a sponge. This stops mildew. To make your own homemade brass cleaner, make a paste of salt, flour and *vinegar*. Rub and let dry on your brass object. Wipe off. *Vinegar* has many uses. You can use it to keep your vegetables crisp and fresh by placing them in a large bowl of water with a tablespoon of apple cider *vinegar*.

Coke: Pour a can of coke in your toilet bowl, let it sit and watch it clean! (It doesn't disinfect, though.)

TASK: Try to make at least three of these cleansers and try them out this week. See which works better for your household. (The Coke toilet cleanser is fun to watch. Actually, it's quite amazing! What does it do to our stomachs?)



"For we hear that there are some who walk among you in a disorderly manner, not working at all, but are busybodies."
2 Thessalonians 3:11

Organizing

Week Twenty-Seven

Organizing the Kitchen

Patience and her mother have successfully organized their kitchen according to use. This means, that they are able to get to items that they use daily, and that other items are safely placed away where they can be used sparingly when needed.

As for any room, the secret for successful organization is in ***organizing in order of use***. In order to do this, you must carefully consider what you use most in your kitchen. What do you use everyday? What do you use weekly? What do you use monthly? Annually?

- Dishes & Silverware
- Pots & Pans
- Baking items
- Canned goods
- Spices
- Dry goods
- Cleaning products
- Beverage items

IMPORTANT

When attempting to complete this weeks project, do not try to do each area all in one day. Each day this week pick a certain area you wish to organize and then complete one at a time. Trying to do it all in one day could cause you to be discouraged.

Dishes & Silverware: These are items that you use every day. Place the cups, plates and bowls on shelves where they are easily accessible. Try to center them near the sink as this is easier for clean up. If you have fancy dishes for celebration purposes only, place these on the top shelf.

Pots & Pans: Organize these in order of use. Most women use their pots and pans daily. Place the ones that you use the most towards the front of your cupboard and place others that you do not use as often towards the back. Some cupboards have shelves for their pots and pans. Place muffin tins, etc. on the top shelves.

Baking Items: These are items which you probably use once a week. Some kitchens have storage cupboards for cookie sheets. If yours does not, stand them under your sink where they are easily obtainable. Place your cake and casserole pans in the same shelf area as your pots and pans.

Plastic Storage items: These items are easy to become disorganized. Keep them stacked in a special area, usually near your mixing bowls. Mixing bowls are used daily, as are storage bowls. Keep them within easy to reach distance. Lids can be kept in storage bags.

Canned Goods: In your food closet, go

through the canned goods that you have and organize them in order of like kind. Keep all fruits together, all tomato products together. Vegetables also should be stacked in like kind. This way they are easy to locate when needed.

Spices: These are used daily, but some spices are used more than others. On your spice shelf, organize these in alphabetical order. This way you will be able to locate them quickly.

Dry Goods: These are any item that you store on your food shelf such as flour, sugar, pasta, oats. Cereals are also considered under this category, but place your cereals on a shelf all of their own, as many families use these product most often. Organize your dry goods according to like kind as you would your canned goods. Keep pastas together along with crackers and cookies.

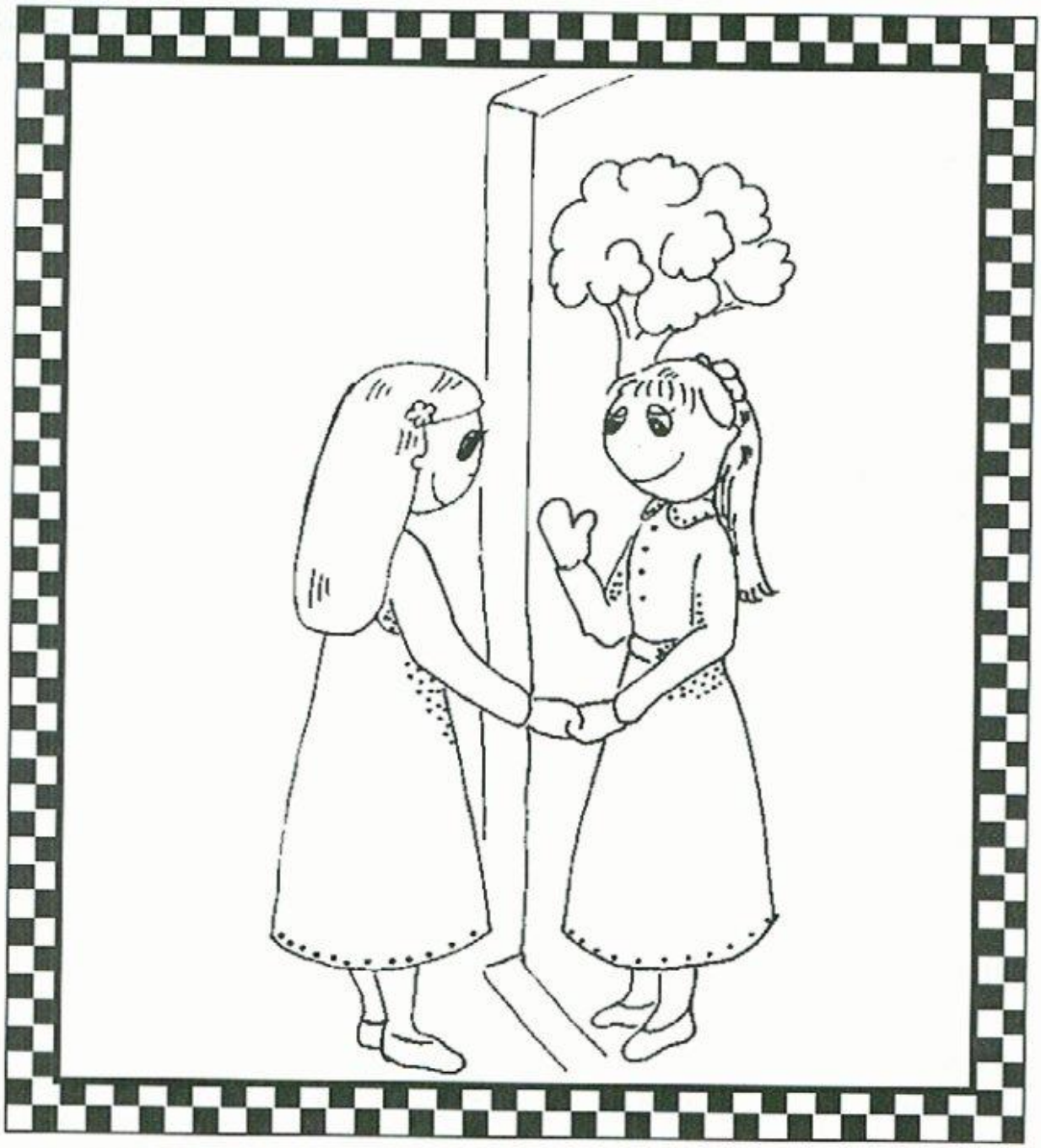
Beverage Items: Keep a whole shelf designated for your hospitality items such as tea, coffee, cider mix, hot chocolate mix, sweeteners, coffee syrups and more. This shelf is a treat and really makes having company fun. Store a little bit of chocolate here to serve your guests with your tea and biscuits!

Cleaning Products: Keep these separate and up high away from little hands. Above the refrigerator is a great place to organize them!

Organizing

TASK:

This week, start from the beginning of the item list, and plan on tackling one or two of these chores each day. Not only will you be happy with your accomplishment, but your mother will be too!



"Be hospitable to one another without grumbling."
1 Peter 4:9

Hospitality

Week Twenty-Eight

What to Do When you Have Surprise Visitors

Just 100 years ago, having visitors was an unexpected surprise. Before the telephone or e-mail, there was really no quick way to let someone know that you were coming to see them. Many people would write letters, but if the post was slow, the people would arrive before the letter came!

God's Holy Word tells us that we are to be hospitable to friends, family and even strangers! There is a wonderful scripture which tells us that when we entertain strangers we may be entertaining angels. Did you know Abraham entertained angels? He fed them and made them feel welcome.

We should never be put out by unexpected company, but rather receive them with open arms!

I love it when company does come,
When friends drop by to have some fun.
I love to followship any time of the day,
To be able to share thoughts along our way.
To make my home open for all to share,
I've met many an angel, who are friends that care!

Reduce Clutter in Your Home: Every morning you should make sure that your room is ready for unexpected company. Your bed should be made, your belongings picked up, and closets organized. If you make sure that your room is always cleaned in the morning, you are ready for anything! This goes for any other room in the house that you use. Do you eat in the kitchen? Then you should help keep it tidy. Do you use the bathroom? Then you should help do quick once-overs. A house doesn't have to be spotless, especially if you are home schooled as the house is always being used. Just pick up after yourself and you will never be embarrassed when someone drops by.

Bathrooms: Did you know that in many stores their bathrooms are cleaned four times a day? There is usually a checklist on the back of the bathroom door for the task to be checked off and initialed when completed. In our homes, when each person uses the bathroom, they should pick up after themselves. Keep a sponge under the sink or next to the faucet for each person to wipe up after they have used the sink. Make sure the towels are straightened after you use them. Then when your company asks to use your bathroom you can smile and say, "It's this way!" with ease.

Refreshment: It is always important that we remember to ask our guests if they would like

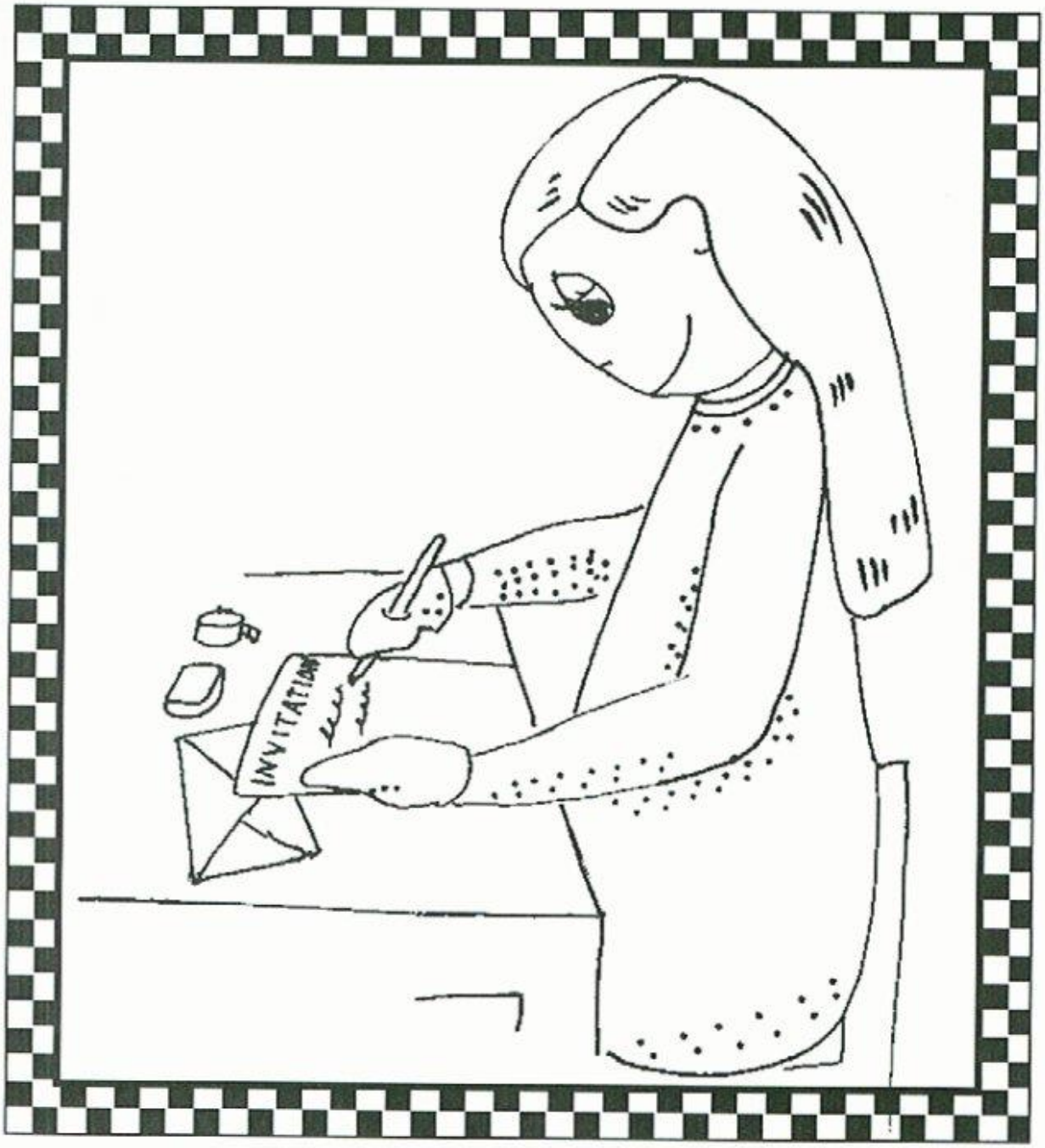
Hospitality

some refreshments. A simple glass of ice water or lemonade would help quench the thirst of a hot and tired visitor. If you don't have cookies or biscuits on hand to serve, make little sandwiches. These take only a minute to make. You simply make a turkey, cheese or peanut butter sandwich; cut the edges off as a nice treat; cut into four pieces and serve with your beverage.

Entertaining Younger Children: If your mother has had unexpected company and they have young children, take the younger children and entertain them. You can pull out puzzles, puppets (even make a puppet out of a paper bag), give them building blocks or legos. Help mother and her friend to have a nice, quiet and peaceful time of fellowship.

Dinner time: If friends don't look like they are going to go by the time dinner time comes around, don't be coldhearted and hope they leave. If possible, offer them dinner! A very easy dinner would be spaghetti with a vegetable. Always try to have a large can of spaghetti sauce and noodles around for emergencies which you can easily serve to your hungry guests.

TASK: This week, show mother this lesson and ask if she would try to help in making sure that you have a surprise guest this week. Graciousness is so important. The Bible tells us so!

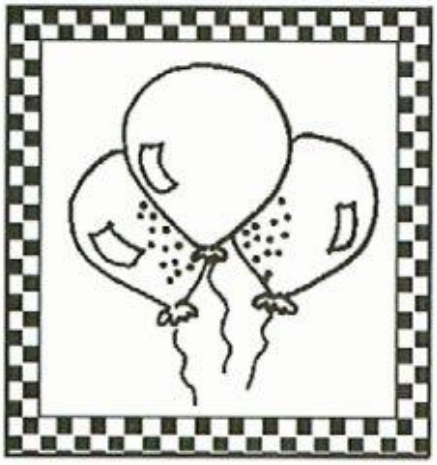


"...Be hospitable, a lover of what is good,
sober-minded, just, holy, self-controlled..."
Titus 1:8

Hospitality

Week Twenty-Nine

Hosting a Celebration for Others



Patience's little sister, Faith is having a birthday. This is a wonderful occasion for her to practice hosting a celebration and being hospitable!

There are many occasions for you to show hospitality to others. There are many people who have never had such kindness shown to them before. Many have never had a birthday party, baby shower, anniversary party, graduation party, engagement party, wedding shower or more, thrown for them. How wonderful it is to be able to show your love for another person by opening up your home and giving a party for another person. This is a delightful way to show hospitality, as we are called to do.

This week choose someone you know who you would like to throw a celebration for. Have mother help you in planning and follow the following hints on the next page...

A Mother Goose Party

There is nothing more fun than to send out invitations and invite your friends to dress up and share the excitement at a party. For Faith's birthday, Patience has decided to throw a Mother Goose Birthday Party for her.

1) **The Invitations:** These are sent out two weeks in advance of the party. Place the following:

Have you ever heard of Mary, Mary quite contrary?
Bo Peep, her sheep, and others rarely?
Let's plan a party and you choose which one,
To a Mother Goose Party will you please come?
Occasion:
Place:
Time:
RSVP:
(Please dress as your favorite Mother Goose character.)

Decorate your invitations with goose stickers.

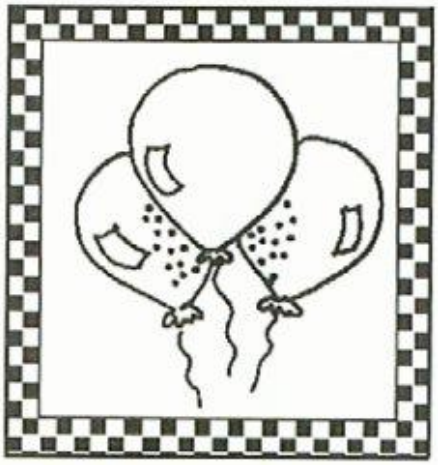
2) **Refreshment:** Serve soup (Porridge) and crackers; deviled eggs (Humpty Dumpty); vegetables and dip (from Mary's garden); and the Gingerbread Man for dessert. Decorate your table with a paper cloth and paste Mother Goose stickers on them. Make a centerpiece based on Mary, Quite Contrary's, garden. Have the pretty maids be lollypops which you have made out of crepe paper. Get creative!

Encourage your guests to act their parts. When

Bo Peep shows up, ask her about her sheep.

Hospitality

3) **Games before lunch:** *Who are You?* This game will have the children perform one by one to allow the other guests to guess who they are. If they can't guess from her actions, have the child repeat the Mother Goose Rhyme which has her character in it. (Talk to the mothers ahead of time and have them help prepare their child; or place a note "to mother only" in your invitation which describes what you are going to do to prepare your guests.)

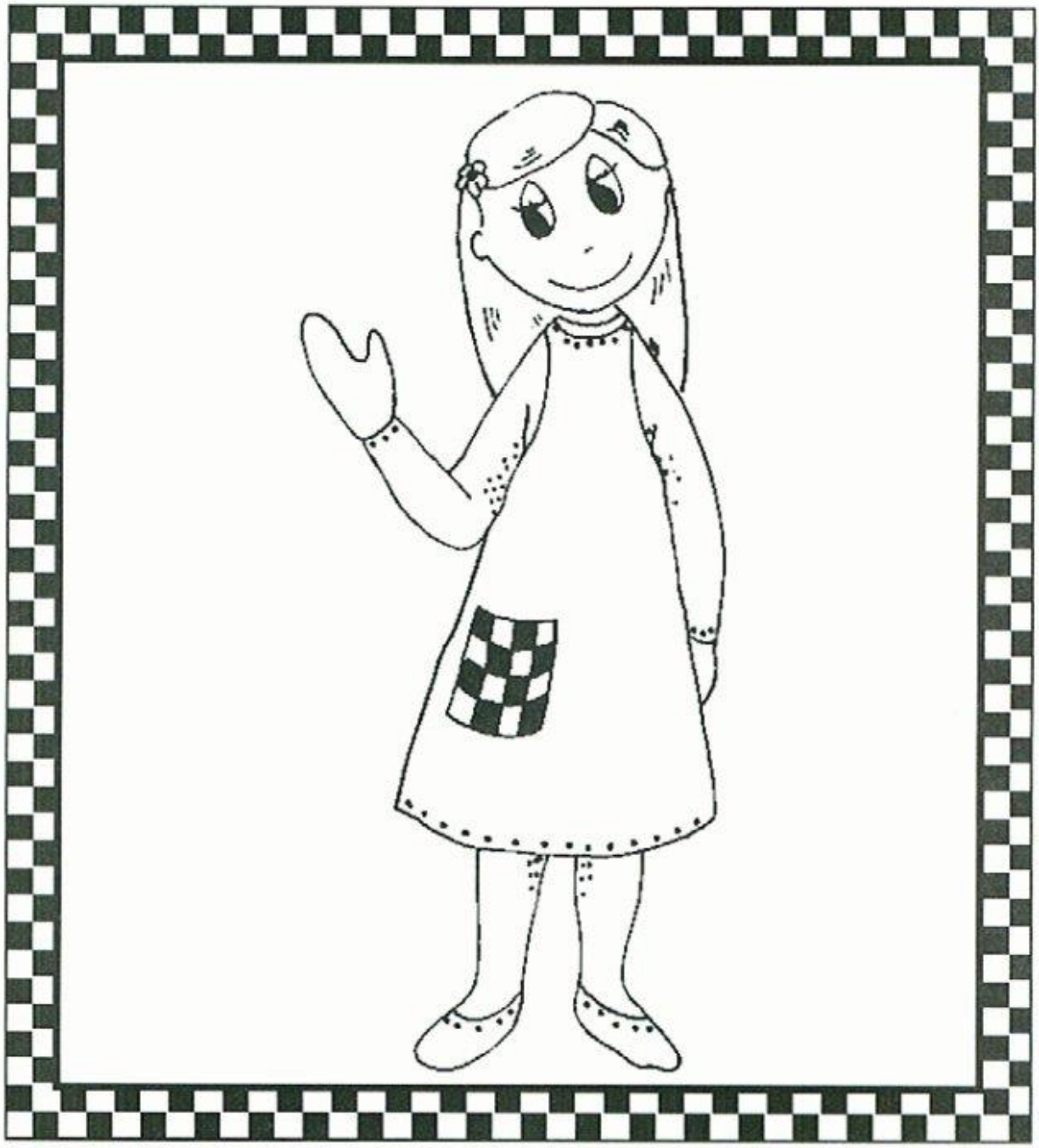


4) **Lunch is served.**

5) **Games after lunch:** *Attention*. Place twelve objects on a table where the children can't see them. Place six of them on the table and have them look. Take one away. Whoever states first which one is gone wins a prize. Change objects from the twelve and so forth.

6) **Party favors** for the different characters: a) a sheep for Bo Peep, b) a horn for Little Boy Blue, c) a tea kettle for Polly, d) pail for Jack & Jill, e) tart for the Queen of Hearts, f) candy flowers for Mary, g) pennies for Margery Daw, and so on!

There are many other types of parties you can have. Just use your imagination... Bible character parties, story book, and more!



"Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear."
Hebrews 12:28

Review

Week Thirty

Level Three Review

You have come to the end of Level Three! Look at how many things you have learned in these past 30 weeks...

We're going to review certain subjects and see how much you remember. After you and mother have sat down and completed the next few pages, check and see if you feel competent enough to put the book away. If you aren't quite sure about some of the things you have learned, don't hesitate to start over from the beginning. Sometimes it takes a few times to remember everything you need to know.

Most importantly, keep on reviewing the skills you have learned. Purchase a few more patterns during your summer break and have fun creating new outfits for you or a family member to wear. Practice making the recipes from the book and learn to make them by memory. The more you use these skills the better cook and baker you will become!

Please complete this with your mother:

1. Can an overweight person be malnourished? Explain why good nutrition is important. (Pg. 8)

2. What is TEMPERANCE? (Pg. 12)

3. List the five essentials that your body needs to run properly. (Pg. 13)

4. List the five suggestions for healthy eating. (Pg. 16)

5. How can you tell if a green pepper is old? What does it mean if broccoli is turning yellow? What happens to a potato when it gets old? (Pg. 20)

6. Why shouldn't you buy any type of fruit that has cuts or holes in it? (Pg. 23)

7. What helps to ripen a fresh peach or pear? (Pg. 24)

8. How would you steam potatoes? (Pg. 27

9. Explain how to saute some vegetables. (Pg. 31)

10. What is the basic Stir-Fry recipe? How would you make chicken Stir-Fry? (Pg. 37)

11. When baking a cake, what would you do if you wish to cut out the butter? What ingredient would you use to substitute? (Pg. 39)

12. If you run out of corn syrup, what can you use to substitute? (Pg. 40)

13. List some healthy desserts. (Pg. 43)

14. When you look on the side of your cereal box, what is usually the first ingredient? Is whole wheat flour usually listed at all? (Pg. 51)

Review

15. How can you tell if your sweet bread is perfectly made? (Pg. 54)

16. What is gluten? Do you want to have "gluten" when you are making bread dough? (Pg. 59)

17. Name some breads you can make from dough. (Pg. 64)

18. What type of bread did you learn to make when you are on the run? Why is it called an "energy" bar? (Pg. 71)

19. Why is the temperature of your iron important when ironing? (Pg. 75)

20. Describe in detail how you would iron your father's shirt. (Pg. 76)

21. Name four reasons why you may not be sewing a straight line with your machine. (Pg. 79)

22. Why is it important to read your bolt end when choosing your fabric? What does the number 5 inside a triangle mean? (Pg. 83-84)

23. When reading a pattern, what are the single, double and triple notches for? (Pg. 88)

24. Get a pattern piece. Describe to your mother what each symbol means on the pattern. (Pg. 89)

25. Describe to mother the correct way to clean the bathroom. (Pg. 100)

26. What is the secret for organizing the kitchen? (Pg. 103)

27. What should you do when you have surprise visitors? (Pg. 115)

Special thanks to Anne White, whose help and knowledge has been more than invaluable. Anne became a professional chef after her children were raised. She has spent much of her time teaching younger (and older!) women how to bake and cook, and many other home care skills. Now in her 80's, she has patiently offered her advice and wisdom in order for us to be able to lovingly create this book. We hope you enjoy this material as much as we have enjoyed learning from her and putting it together!

A quick note to mother,

If your child is a young ten and still needs help with these projects, before putting the book away, we recommend starting this book over again.

By doing this the child becomes more familiar and confident with each project and can whiz through the tasks with ease.

Continue to the next level after they have mastered the skills listed in this book. Each future level contains a quick review of past levels and then offers a more difficult challenge for them to master as they continue on.

Happy homemaking!

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